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CHANGE
YOUR LIFE
pg. 64

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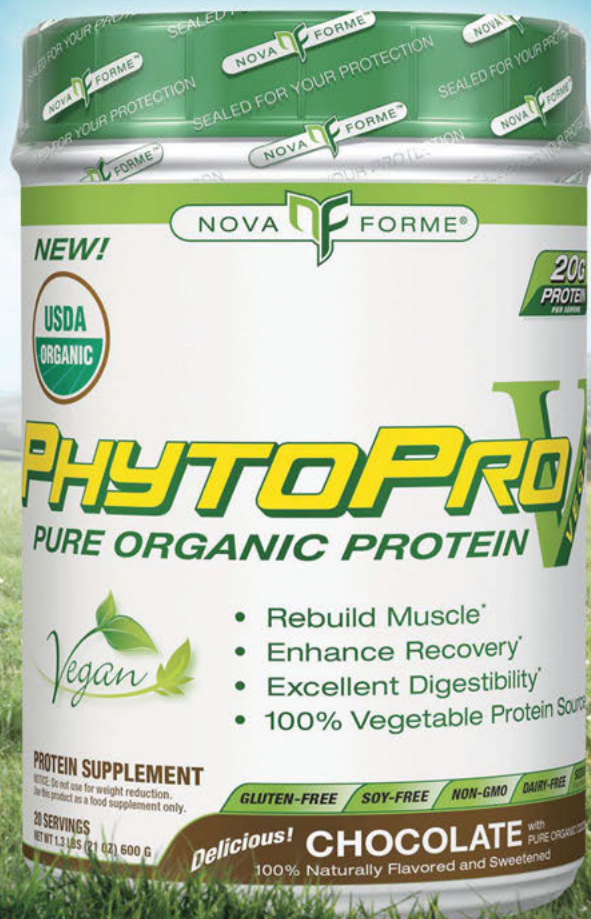
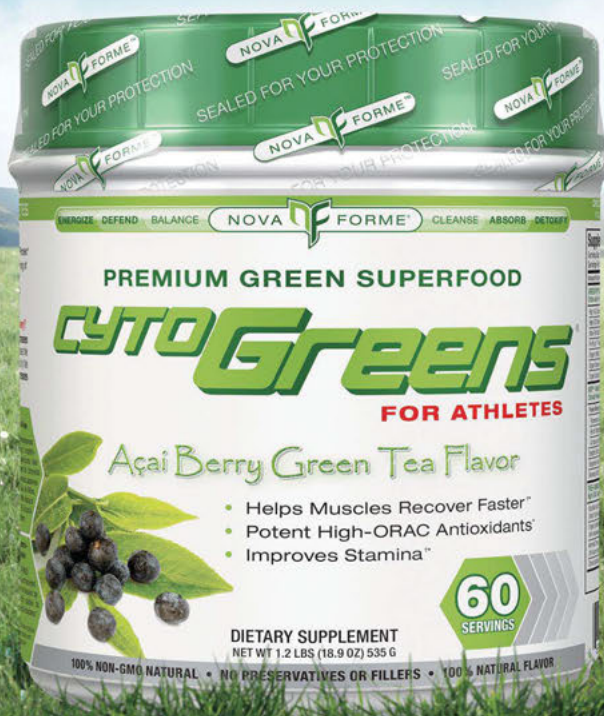
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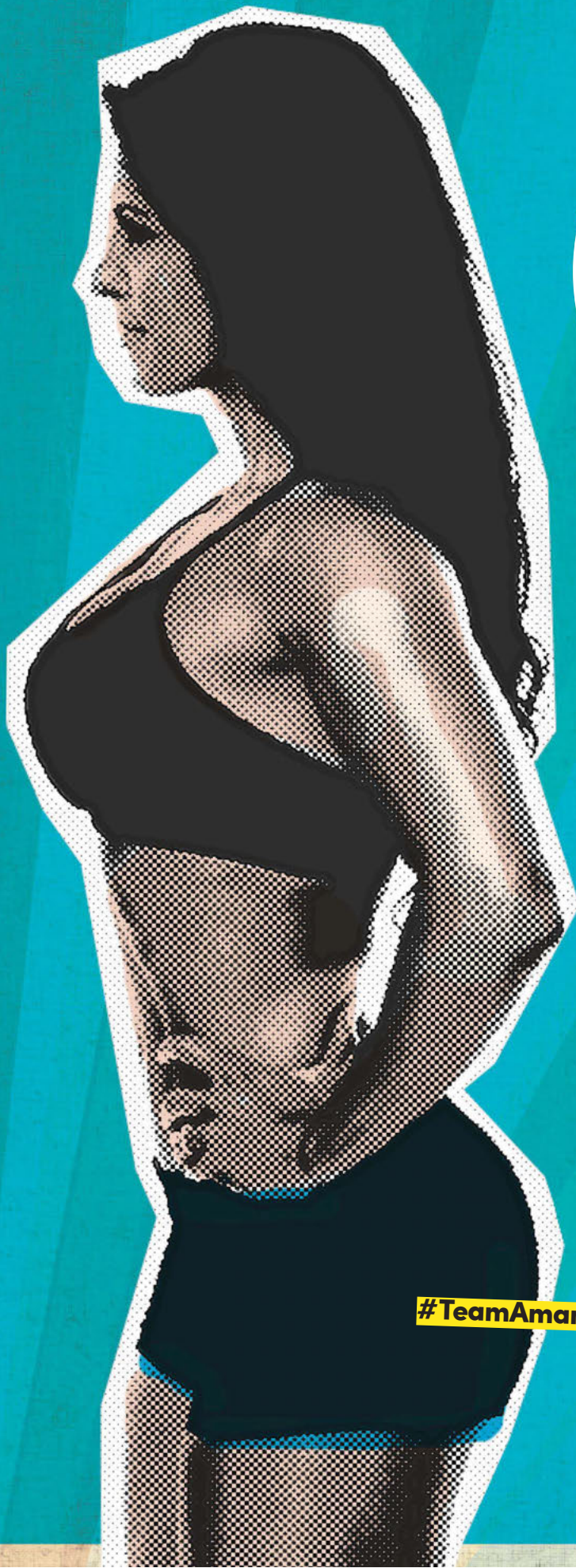


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2015

august

» **88** Create clean ketchup



Hit your
hamstrings
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Don't forget to join our Ultimate 90-Day Challenge! oxygenmag.com/90daychallenge

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The Strength & Power of RAW VEGAN PROTEINS!

OKSANA GRISHINA
IFBB PRO FITNESS
& TEAM SAN

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Vegan Diets Haven't Always Been Easy For Athletes

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- OKSANA GRISHINA

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exclusive videos
Go behind the scenes of our cover shoots, train with the pros and learn how to make delicious recipes!

cover girl confidential: Jennifer Widerstrom

The *Biggest Loser* coach Jennifer Widerstrom gives Oxygen the scoop on learning to become an effective coach and being on *American Gladiators*. She also shares her killer playlist exclusively with OxygenMag.com readers!

Did you take the challenge yet?

The Ultimate Oxygen Challenge is a comprehensive 90-day training and nutrition program led by BSN athlete and champion IFBB Bikini pro Amanda Latona and two-time Figure Olympia champion Erin Stern. Our program will give you the tools you need to make lasting changes to your physique and to your life! Sign up at oxygenmag.com/90daychallenge and change your life!

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→ **On Pinterest:** Looking for training inspiration? Check out our boards to find hundreds of exercises and workouts to help you with your fitness goals! Pin them and share away!



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PHOTO BY IAN SPANIER

Erin Stern
ERIN STERN
IFBB FIGURE PRO
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might be stressing
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—Michele Sotak, ISSA SSC
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in the moment





**"A little adrenaline
every day keeps
the boredom away."**

— LAIRD HAMILTON

For all women!



➔ We're listening here at Oxygen! Over the past several months, you've tweeted, posted and emailed about how you want us to include more models of all ages. In June, we featured the 43-year-old fearlessly fit Ava Cowan, and we were overwhelmed by your responses. Here are just a few samples:

“Diane, the June issue is awesome! I love that your mother pushes herself like I do. At 61, I'm a 5:15 a.m. riser and at the gym before work taking indoor cycling classes, total-body boot camp — I like to mix it up. Please continue to feature older women. — CLARICE

After reading your June 2015 editor's letter, I was compelled to write to you not only to say thank you but also to say how impressed I am you've decided to feature women of all ages in your magazine. You have given all women the inspiration to start their journey, get back on their journey or, as is my case, continue with their journey. It is a true testament that exercise and clean eating will give you the most amazing feelings of accomplishment, control over your life and strength you never thought possible. — DEBRA

I read your letter from the June issue about being super fit at any age and wanted to thank you — it's important women of all ages are heard. I love being fit and active and couldn't imagine it any other way. — LAURA

I have to say I find it interesting there are comments about having age-appropriate models featured. I am 53, in great shape and couldn't care less about the age of the model. We shouldn't get hung up on age — we should find inspiration in the dedication it takes for anyone of any age to look fantastic. — ARLENE



On set, Jennifer Widerstrom shows me just one of the ways she ups the ante on a bicycle crunch.

DID YOU KNOW?

Oxygen's Ultimate 90-Day Challenge, now available online, revealed an interesting fact about coaches Amanda Latona and Erin Stern — they both got their start in our popular Future of Fitness section. In fact, starting this issue, we've returned it to its origins as Future of Fitness. Check it out on Page 92! And sign up for the challenge! oxygenmag.com/90daychallenge

In this issue, we're maintaining our position that Oxygen is for all women. In these pages, you'll find women of all ages, including Patti Kimball, one of our Future of Fitness women who shares her inspirational story, as well as Caitlin Flora, a Success Story, who shed an astonishing 187 pounds! We'll continue to feature women of all sizes, shapes and ages who love to be fit. You'll also see women who live, breathe and work fitness, like NBC's *The Biggest Loser*'s Jennifer Widerstrom whose workout and unique moves are killer (really!).

We also focus on the nutrition aspects of lifelong fitness — like our stories featuring high-protein snacks to go and clean recipes that take less than 30 minutes to make (with a veggie option included!). We're also featuring a nifty and inexpensive tool that gets you the six-pack you want as fast as you want.

So ladies — all of you — enjoy working up a sweat and continue sending me your thoughts.

Stay in touch,

Diane

DIANE HART
EDITOR-IN-CHIEF
[@dianeoxygenmag](https://twitter.com/dianeoxygenmag)

P.S. Tight hamstrings? If you're like me (sigh), you don't take time to stretch after your workout, but I can tell you the stretch we feature on Page 63 is the best — try it out!



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Oxygen readers never hold back.
Here's what you told us this month.



Trending green

I am a longtime *Oxygen* reader and I absolutely love your magazine! Several years ago, I became vegan for my health, animals, and the planet. However, as a vegan, it is hard to read a fitness magazine that advocates whey protein and beef isolate as the gold standard of fitness, so I stopped subscribing. Recently, I decided to give *Oxygen* another try. To my delight, the very first issue I received has tons of ads for vegan protein powder and a whole host of other vegan products. I also see your writers recommending tofu and tempeh and black beans as excellent sources of protein. I can't tell you how happy it makes me to see *Oxygen* moving in this direction. Thanks for listening!

— CECELIA, VIA EMAIL

Kind words

I just wanted to thank you again for the Success Story in May. It was so beautifully written, and I'm so honored and proud to have been featured. Thank you for making one of my dreams come true!

— KRISTIN, VIA EMAIL

A Brit weighs in

How refreshing *Oxygen* is! I'm an online reader from the U.K., and believe it or not, we don't have a magazine that caters to us girls who want to get fit, stay fit and push ourselves. Thank goodness for the advent of e-mag subscriptions — even though I can't get the fabulous equipment or supplements that you lucky stateside girls can, I follow the great workouts and recipes (even if you do measure in cups!). Good job (as you guys say) and thanks from the U.K.

— GILL, VIA EMAIL

Hello, Oxygen!

I've been a fan of your magazine for years. Health and fitness have been a high priority in my life, all starting when my two boys were small and I wanted to have something I did just for me. Weight training has always been my first passion as well as running and a variety of fitness classes over the past 20-plus years.

About two years ago after having some issues with a couple of extruded disks in my back, I started working with a trainer to help me get back in the weight room. Now that I'm 59 years old and my children are grown up, I was able to devote more time to my training.

Age is only a number. We should continue doing what we love and not worry about our age. Just keep on keeping up!

— ROSEMARY, VIA EMAIL

Love the article

Love "The Busy Girl's Guide to Sunday Food Prep" in the May issue. Simple ideas for keeping it real.

— ANA, VIA FACEBOOK

Amazing summer soup!

I just made the Rhubarb Gazpacho from your April issue. Wow! Not only was it super easy, but it also was super tasty and nutritious. I've never had gazpacho in my life, but now I'm looking for other variations so I can take advantage of the abundance of tomatoes this summer. Thank you for introducing me to another way to love my veggies!

— DODI, VIA EMAIL

Energy plus!

I just wanted to tell you that I loved the May issue. The cover had so much energy — it jumped off the stands when I saw it!

— LORI, VIA EMAIL

you told us

OXYGEN WOMEN SHOW US THEIR GUNS



JODI VACK

Lara, Victoria, Australia
Age: 38



PAM HESS

Rochester, Minnesota
Age: 48



COURTNEY LAMBERT

San Diego
Age: 30

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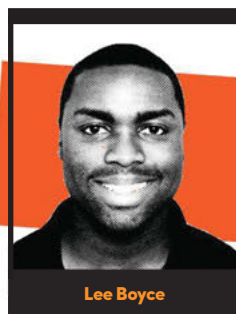
Kristina Olson

» IFBB Bikini pro Kristina Olson, the model for "Hammer Your Legs" on Page 58, loves an athletic challenge. "I played Junior Olympic Softball, I'm an advanced certified scuba diver, and I started skiing and snowboarding at a very young age," she says. "Plus, I have logged hours flying aircraft and enjoy skydiving." Before entering the fitness industry, Olson was a rock singer, fronting the band Kristina and the Dolls, and she also found time to earn a Bachelor of Science in earth sciences from the University of California, San Diego. "I've always been highly motivated. That being said, having my nutrition dialed in makes a huge difference to my energy level," she explains. "My preworkout drink is my saving grace on the days when I lack the drive to hit it hard." With sponsorships from BSN and Bodybuilding.com, Olson pushes herself to keep improving. "I like to have variation in my training, sometimes training very heavy at low repetitions, other times training light at high repetitions," she says. "We are all unique inside and out, thus we all require a unique approach to training and nutrition."

» Photographer Ian Spanier is responsible for our cover image of Jennifer Widerstrom this month, as well as photos of her workout on Page 44. "Jen was a total pro," he says. "It's always great to shoot with someone who is comfortable from the first shot to the last." Spanier explains that he enjoys capturing athletic accomplishments on film. "Seeing what athletes are capable of still amazes me and inspires me to do my part and make them look their best." A fitness-industry veteran who has shot for *Marie Claire*, *Condé Nast Traveler* and *The New York Times*, Spanier admits that it wasn't his first choice to make photography his career. "I tried my best *not* to be a photographer," he says. "I had a camera since I was about 6 years old but always kept it as a hobby. I left for college thinking I wanted to be in sports medicine." After working for photographers in New York City, Spanier spent time as a photo director before committing full time to a career taking his own photos. "Now I can't imagine doing anything else," he says. You can see more of his work at ianspanier.com.



Ian Spanier



Lee Boyce

» "I'm a believer that practical experience is the most invaluable tool in this industry," says fitness writer and trainer Lee Boyce. "Books can teach you theory, but they can't create good sessions as a coach, especially since no two bodies are built the same." Boyce, who competed in the Canadian Indoor Championships in 2006 as the anchor leg for the 4x200 meter relay, has had articles published in *Men's Health*, *Esquire* and at *TNation.com*. His advice in "Hack Your Training" on Page 74 comes from what he sees in the gym. "Many times trainees go through the motions without paying close enough attention to their movement quality. The result is areas that need improvement either biomechanically or aesthetically," he says. His own priorities in the gym are to train for strength, power and muscular development, and recently he has been coached by a national competitor in Olympic lifting. He reminds women not to shy away from serious weights. "Staples like squats, deadlifts and overhead presses need to be the hub of your program so you're not only moving well, but you're getting strong while doing so."

GO FOR IT!



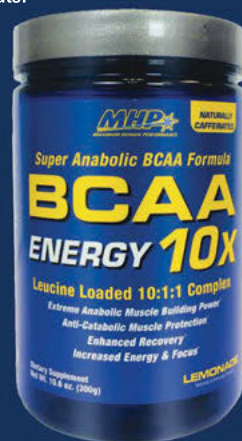
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THE MAGIC OF BEING OUTDOORS

During the summer when the air quality can be sketchy, you might consider forgoing your outdoor workouts. But before you go for an uninspired treadmill plod, consider this: A study from the University of Copenhagen found that the benefits of exercise outweigh the negative effects of air pollution. In other words, it's better to go outside and get your jog on than it is to sit and watch reruns of *The Millionaire Matchmaker*.

*
Exercise in the morning
or evening hours when
the heat and air pollution
will be less.

*
Use parks,
mountains and green
spaces to get the benefit
of oxygen-producing
plants.

TRACK THE AIR QUALITY IN YOUR AREA AND HEED
WARNINGS IF THE AIR IS PARTICULARLY BAD.





Oxygen breaks it down: Own it!

the leg press

➔ **Muscles worked:** quads, hamstrings, glutes, calves, hip flexors

Aside from squats, one of the best moves you can do to develop your stems is the leg press. Working the quads, hamstrings, glutes, calves and stabilizing muscles, a solid leg-press workout can leave your legs busted!

1. Place your feet hip-width apart and flat on the center of the platform with your toes slightly turned out (like you would have them in a squat). This is the optimal position to engage the entire posterior chain and generate the most power.
2. Grasp the bars on either side of your hips for support. This will help steady you in the machine and help your lower back stay in contact with the seat back.
3. Extend your legs slightly to lift the cart and de-weight the stops, then open the stops so the full weight of the cart is supported by your legs. Your legs should be straight with your knees soft and not locked.
4. Slowly bend your knees to lower the cart toward your chest, tracking your knees over your toes — not inward or outward — and keeping your feet in full contact with the platform at all times.
5. When your knees make a 90-degree angle, press through your heels to drive the cart back to the start. Pushing through your heels engages the power of the glutes and hamstrings, combining that with the force of the quads to move the load.

**HEELS
RISING OFF
THE
PLATFORM?**



- * Your feet are placed too low.
- * You've lowered the cart too far.
- * You have a limited range of motion in your calves and ankles.

DO THIS!

First try repositioning your feet a little higher on the platform. (Remember that in the down position, your knees should make a 90-degree angle). If that's not the issue, then you're probably tight. Shorten your range of motion during the move to accommodate your limitations, and after training, work on stretching your calves and ankles to increase your flexibility.



**OTHER
EXERCISES
THAT WORK
THE SAME
MUSCLES:**

Squat

Lunge

Hack squat

Smith-machine
squat

Walking
lunge

BEGINNER TIP: Use the cart with no weight plates at first to get used to the mechanics of the move. Then add weight slowly as you get stronger.

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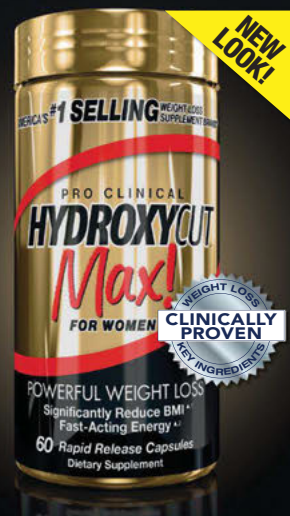
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study 1 – 12 weeks



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—be your—
MAX BEST
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MOVE OF THE MONTH: FLIPPED-BOSU GOBLET SQUAT

Give your lower body and core a double-whammy workout by taking your goblet squat on high. Do this as a primer for heavy squats or as a burnout after training legs.

Setup: Flip a Bosu dome side down and grasp a kettlebell by the horns at your chest, elbows down. Step carefully onto the Bosu and find your balance, chest up and back straight. Your feet should be shoulder-width apart, toes turned out slightly.

Move: Bend your knees and squat down low, breaking parallel if you can, while maintaining balance on the Bosu with your chest lifted, back straight. Drive through your heels to extend your legs and return to the start.

READER QUESTION:

There is a machine in my gym that looks like an endless loop of rope with a seat. What is that, and how am I supposed to use it? —STEPHANIE K.



ANSWER: Stephanie, these machines are an excellent way to get an upper-body strength workout while also getting in a decent cardio burst because of the continual pulling action against a resistance. Depending on the machine, you either stand or sit in front of a vertical length of rope that is fastened in a loop around a pulley system. An adjustment knob allows you to increase or decrease tension, and some machines have adjustments to change the height and angle of the rope, as well. Here's a little five-minute workout for you to try next time you're at the gym:

- **1 minute:** Pull the rope downward slowly, hand over hand, on an easy setting.
- **1 minute:** Pull the rope down with both hands simultaneously on a harder setting, using your abs, core and lower body to help.
- **1 minute:** Pull the rope upward, hand over hand, with an easy setting.
- **1 minute:** Sit/stand sideways to the rope and pull it down with one arm for 30 seconds, then switch sides for another 30 seconds.
- **1 minute:** Pull the rope quickly, hand over hand, as hard as you can on a moderate setting.

Word on the street, from the fitness editor:

MY NEW OBSESSION: Red Fox
Edge Wireless
Headphones

I don't know about you guys, but standard earbuds don't stay in my ears. Apparently, I have smaller-than-usual ear holes and find myself jamming the buds in there to get them to stay put. But these new headphones rock — I test-ran them for a circuit of jump rope, plyos and strength moves, then ran a mile on the treadmill. They not only stayed in but also were totally comfortable, and the sound was amazing. The headphones connect via Bluetooth to the iPod Nano (new generation) or your phone, and they have a single-button answering feature and a microphone if you get a must-answer call while training. **Check them out at redfoxwireless.com (\$100).**



BILLION

ESTIMATE OF HOW MUCH THE GLOBAL SPORTS APPAREL MARKET — WHICH INCLUDES WOMEN'S ACTIVE WEAR — IS SET TO GROW BY 2019. IN 2013, U.S. SALES OF WOMEN'S ACTIVE WEAR ALONE REACHED \$11.5 BILLION, A 9 PERCENT JUMP FROM 2012. INDUSTRY ANALYSTS CREDIT THE SURGE IN POPULARITY FOR ACTIVE WEAR TO ITS TRANSITION FROM GYM WEAR INTO STREET WEAR — AND THE MORE COLORFUL, THE BETTER!



Don't give up on a dream just because of the time it will take to accomplish it. The time will pass anyway."

—EARL NIGHTINGALE,
SELF-HELP SPEAKER
AND AUTHOR

DID YOU ACCEPT THE CHALLENGE?

➔ Last month, we told you about *Oxygen's* Ultimate 90-Day Challenge, two programs designed by renowned experts in the industry, Erin Stern and Amanda Latona. While Stern offers a more athletic-based approach to training, Latona is more strength-focused with an emphasis (of course!) on the booty. Both coaches offer 90 days of personal instruction with a progressive training plan they designed exclusively for *Oxygen*, a detailed 90-day meal plan with dozens of their own secret healthy recipes and weekly newsletters to cheer you on and keep you going.

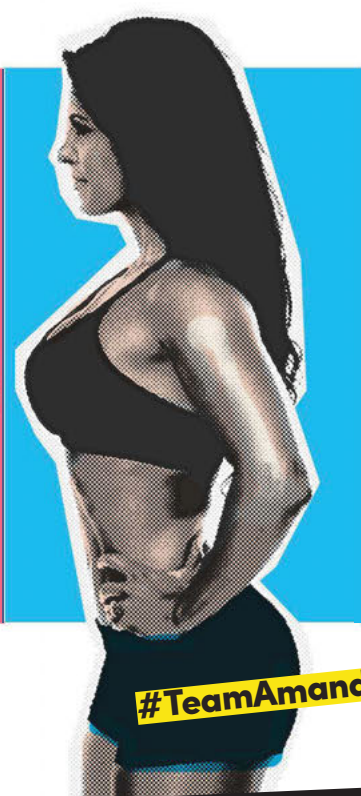
AND GOOD NEWS: It's not too late to join the fun! Go to oxygenmag.com/90daychallenge and sign up today to get into the best shape of your life.

Choose **TeamErin** or **TeamAmanda** (or both if you can't decide!) and get started today! You've got nothing to lose but body fat, inches, pounds and inhibitions!

#TeamErin



#TeamAmanda



AND REMEMBER: You also can opt in for the Cover Girl Challenge! Yes, you can have a chance to be *Oxygen's* next cover girl! Last call!

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Feed your what!?!

➔ Maintaining a healthy microbiome — the trillions of microorganisms that live in and on our bodies — plays an important role in reducing inflammation and warding off illnesses ranging from colds to cancer. In addition, these helpful bacteria may help burn body fat and reduce insulin resistance. To feed your microbiome, consider adding more of these healthful probiotic foods to your plate.

Kombucha tea: Fizzy and with some vinegar-esque tang to it, some types of kombucha contain live, active bacteria — though the process of pasteurization kills much of the beneficial bugs. Because homemade kombucha has been linked to toxicity, stick to store-bought kombucha sold in the refrigerated case and read labels to ensure you don't pick one that's loaded with added sugars.

Sauerkraut: Don't hold back when you see sauerkraut at potlucks and barbecues this summer. To get the maximum probiotic benefit, choose fresh sauerkraut sold in the refrigerated section at stores or make your own at home because canned sauerkraut rarely contains the beneficial live, active bacteria you want.

Tempeh: Often used as a meat alternative, similar to tofu, tempeh is made from fermented soybeans or grains molded into a loaf-like form. In addition to being a good source of probiotics, tempeh is a good source of iron and contains about 15 grams of protein per ½ cup.

Kefir: Think of kefir as drinkable yogurt. Smooth and slightly tangy, it's lactose-free and easy to digest, plus it's a great source of protein.

Miso paste: This condiment — a staple in stir-fry recipes, miso soup and other Asian dishes — is made from aged, fermented soybeans. It's a good source of protein and fiber but also very high in sodium. Use a little at a time.

Yogurt: Always look for yogurt that indicates it contains "live active cultures" on the label. To keep added sugar grams under control, choose plain yogurt and add a little sliced fruit, or choose cartons that contain less than 15 grams of sugar per serving.



Jacked jackfruit

With a flavor that some describe as tasting like chewing on Juicy Fruit gum, jackfruit — a big, bulky, spiky, lime green tropical fruit — is gaining popularity in the U.S. for its great taste and texture, and ability to be a sustainable food crop. The edible part of the fruit are the petal-like bulbs — remove the seeds in each bulb before eating. Not only do jackfruits taste refreshing and sweet, but they're also high in protein, potassium and B vitamins.

Look for: a fruit that gives off a sweet smell and gives slightly when pressed.

To store: Store in the refrigerator up to one week. It also can be frozen up to two months.



Jackfruit makes a good meat substitute in recipes.

Sneaky sugar The type of sugar you eat — not just the amount — may affect your craving for high-calorie foods, researchers of a new study report. Fructose, the simple sugar found in fruit, honey and corn syrup, may create a higher increase in activity in the brain's reward regions than glucose, the study shows. Study participants who drank a drink sweetened with fructose displayed stronger cravings and more functional MRI brain scans for high-calorie junk foods than those who drank a drink sweetened with glucose. Through studies like this one, scientists are starting to learn more about what makes some people more susceptible to food cravings than others, but more research is needed.

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Are you eating these foods right?

Flaxseeds: These little pods are high in fiber and ALA omega-3s, but if you don't grind them before sprinkling them onto your morning cereal or smoothie, the beneficial nutrients are probably passing right through your system. Buy them pre-ground, or grind whole seeds in a spice grinder before using.

Strawberries: Hold off on cutting into strawberries until right before you eat them. Bright red strawberries are rich in antioxidant vitamin C, but that beneficial nutrient is sensitive to light and oxygen. If you cut strawberries just right before eating them, you can avoid exposing the cells to those potentially deteriorating elements.

Yogurt: Touted for being a top source of digestion-boosting probiotics, many yogurts contain beneficial live and active cultures. But if you add yogurt to a hot dish, such as chicken curry, or use it as a marinade, the beneficial cultures get destroyed in the cooking process. Additionally, don't dump the watery substance you often find on top of a new container of Greek yogurt — it's whey and contains protein, vitamin B12, calcium and phosphorous. Instead of dumping it down the drain, stir the liquid into your yogurt to retain the nutrients.

recipe makeover

LIGHTER KALE COLESLAW

Makes 9 servings

Tote this nutritional slaw (which falls somewhere in the category between creamy coleslaw and tangy vinegar slaw) to your next cookout to impress friends with something new. Nutrient-dense kale replaces cabbage, and a yogurt dressing helps cut out grams of saturated fat. Makes about 4½ cups.

- ½ cup nonfat plain Greek yogurt
- 3 tablespoons cider vinegar
- 2 tablespoons sugar
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- 3 cups packed shredded kale
- 2 cups shredded carrots
- 1 cup shredded purple cabbage

In a small bowl, whisk together yogurt, vinegar, sugar, salt and pepper until smooth. In a large bowl, toss together shredded kale, carrots and purple cabbage. Pour dressing over top and mix until evenly coated. Cover and refrigerate at least 30 minutes or up to 12 hours.

Nutrition Facts per serving (½ cup each): calories 39, total fat 0 g, saturated fat 0 g, carbs 7 g, dietary fiber 1 g, sugar 5 g, sodium 209 mg, protein 3 g

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Choose these!	Serving	Fiber (grams)
Raspberries	1 cup	8.0
Pear, with skin	1 medium	5.5
Apple, with skin	1 medium	4.4

Your secret weapon for dropping pounds

A shopping list.

Research shows writing a shopping list — and sticking to it — is key to fighting food temptation and weight gain. In a recent study, researchers found that people who planned before they shopped weighed less than those who strayed from their lists or just didn't bother with making one. "Food marketers are good at what they do," says Tamara Dubowitz, lead author of the study. "And their aim is not to make us healthy — it's to sell products." Game face on! The next time you're facing an empty fridge and cupboards, arm yourself with a game plan — a simple shopping list — to bring healthy foods home.

Stunning research Lower cholesterol with cardio — for years!

Here's yet another reason to hit the gym. A recent study suggests that aerobic exercise delays the onset of high cholesterol. "Exercise and being fit helps keep arteries clear by lowering LDL cholesterol and raising good cholesterol," explains study author Dr. Xuemei Sui, an assistant professor at the University of South Carolina's Arnold School of Public Health. In fact, here's some truly stunning research: Aerobic movement — whether it's brisk walking, running, swimming, hiking or playing team sports — can delay progressive increases in blood cholesterol by almost 15 years.



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Available at **Walgreens**



Nailed it

➔ Your fingernails can be the harbinger of bad health news, so before you cover your claws in polish, inspect them for these signs of poor health:

- » **Yellow nails:** Discoloration is often a sign of respiratory disease such as chronic bronchitis.
- » **Beau's lines:** An indentation that runs across the nails can be a sign of diabetes or zinc deficiency.
- » **Terry's nails:** When the nail appears white except for a pink tip near the end, it could be a sign of liver disease, diabetes, heart failure or just plain aging.
- » **Koilonychia:** Soft nails that look "scooped out" can be a sign of anemia, heart disease or hypothyroidism.
- » **Nail clubbing:** When the tips of the fingers enlarge and the nails curve around the fingertips, it could be a sign of low oxygen in the blood, irritable bowel syndrome or even AIDS.
- » **Pitting:** Small indentations in your nails could be a sign of connective tissue disorders or alopecia.

5

MILLION THE NUMBER OF PEOPLE WHO ARE TREATED EACH YEAR FOR SKIN CANCER. SINCE 1 IN 5 AMERICANS WILL BE DIAGNOSED WITH A SKIN CANCER IN HIS OR HER LIFETIME — DUE IN MOST PART TO SUN EXPOSURE — IT'S IN YOUR BEST INTEREST TO SCREEN YOURSELF PROPERLY WHEN GOING OUTSIDE. **USE A BROAD-SPECTRUM SUNBLOCK WITH AT LEAST 30 SPF OR HIGHER, AND APPLY LIBERALLY 30 MINUTES BEFORE GOING OUTSIDE TO ENSURE ABSORPTION.** REAPPLY EVERY HOUR OR SO AND IMMEDIATELY AFTER COMING OUT OF THE WATER.

Got the late-night munchies?

➔ Blame your brain. Researchers at Brigham Young University used an MRI to measure how people's brains reacted to high- and low-calorie foods at different times during the day. They found that images of high-calorie food generated spikes in brain activity but that those responses were lower during the evening hours. What does this mean? That you might over-consume food at night because it is less rewarding, according to the experts.

» **Your take-away:** Keep healthy snacks on hand for those late-night fridge attacks. Carrot sticks and light microwave popcorn can satisfy your urge to crunch, while a frozen banana or fresh red cherries dipped in dark chocolate can douse a sweet craving.

KEEP YOUR SALT IN CHECK

Too much salt could be damaging your blood vessels, even if you don't have high blood pressure, according to a new study from the University of Delaware. High salt consumption led to reduced function of the endothelium, the inner lining of the blood vessels, which is involved in blood clotting and immune function. It also can lead to enlargement of the heart muscle tissue, which can reduce heart function, interfere with kidney function and affect the sympathetic nervous system.

» **Your take-away:** Instead of salt, try these spices on your food to brighten flavors:

- Anise
- Bay leaves
- Basil
- Cinnamon
- Cumin
- Curry powder
- Dill
- Fennel
- Ginger
- Mint
- Mustard powder
- Oregano
- Chili Powder
- Rosemary
- Pepper
- Thyme
- Turmeric
- Vanilla



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Take a leap!

Fearful of the unknown? Use our simple steps to boost your boldness and confidence.

➤ Do you wish you were a little more willing to take risks, whether that means skiing tougher runs, signing up for your first fitness competition or entering an obstacle race? Good news! You can get gutsier just by building your mental toughness, essentially boosting your confidence to conquer your biggest fitness fears.

While it might seem like guts are something you're born with, that's not entirely the case. In many ways, mental toughness is like physical strength. "Nobody's born physically strong, but with a plan in place, you can build that strength," says Jason Selk, LPC, NCC, director of sports psychology with Enhanced Performance in St. Louis and author of *Executive Toughness* (McGraw-

Hill, 2011) and *10-Minute Toughness* (McGraw-Hill, 2008). The same applies to your mind.

That's the thinking that helped catapult Kim Dolan Leto, Arizona-based director of family health and wellness for the International Sports Sciences Association, to the Ms. Fitness World stage. "Becoming an athlete starts in your mind," she says. "You trade excuses for solutions and fight your way daily to eat clean, train mean and balance life."

* Nature vs. nurture

Of course, nature does play a role. "Some people are born with personality traits that make them natural risk-takers," says Richard B. Dauber, Ph.D., clinical and sports psychologist and director

of the Morris Psychological Group in Parsippany, New Jersey. Yet those individuals share certain characteristics, and understanding what they are can help you develop your own toughness. The most important one? An unshakable belief in their abilities to achieve goals.

"You have to believe in yourself.

Paraphrasing Henry Ford, if you think you're going to succeed or fail, you will," Dauber says. And though the mentally tough will fail occasionally, they look at every failure as an opportunity to learn and push on.

* Fear not

So how exactly do you strengthen your mind so that you can be less afraid to go after bigger fitness feats? Follow these three steps:

1) Find focus. Define your end goal, what Selk calls a product goal. What is it you ultimately want to accomplish, and why do you want to do it? Selk recommends having no more than two product goals — one personal and one professional — at a time. Make sure, too, that the end goal is focused on performance versus outcome. "If you're too focused on the outcome, especially if it's winning, fear of failure could hold you back," Dauber says.

2) Take baby steps. Create process goals that will move you closer to your end goal. These effort-based goals are designed to build your confidence, which is why they need to be small and achievable, Selk says. For instance, if you want to make it to the national stage as a fitness competitor, make competing in a small, local contest your first step, and consider yourself successful no matter what your placing.

3) See your success. Visualize what you want along the way. "People often focus on what they don't want," Dauber says. For instance, you don't want to earn any placing other than first at the fitness contest. You then get stuck with those fears, which will paralyze your efforts to get up the nerve to progress to the next level. Instead, think about what you do want and picture yourself attaining it.

In the end, building guts relies almost entirely on your mind, perhaps the strongest muscle in your body. As Selk says, "If the desire is there and you put the time into it, your mind can get you anywhere." ●

You have to believe in yourself.
Paraphrasing Henry Ford, if you think you're going to succeed or fail, you will.



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Put on those gloves

➔ It just might be time to burn off more fat (and stress) with a little boxing. A study out of Australia, published in *BMC Sports, Science & Rehabilitation*, suggests that doing a boxing HIIT program not only can improve body-fat percentage, reduce waist circumference and lower body mass index but also can improve physical functioning, general health and vitality. In fact, according to study authors, "The effects for physical functioning and vitality were significant" in this small study, which finds that the benefits of a boxing high-intensity interval training program may outdo the benefits of comparable intensity brisk walking. A 140-pound person can burn 342 calories per hour doing simple shadowboxing; group boxing classes burn double, even triple that amount. Time to kick it up, ladies!

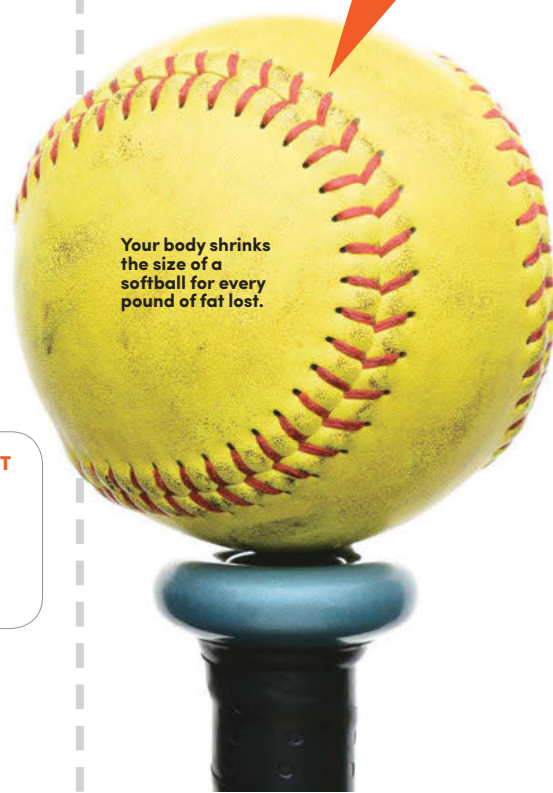
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My doctor told me to stop having intimate dinners for four. Unless there are three other people.”

— ORSON WELLES

HOW YOU LOOK AT IT

If you lose only 1 pound per week, don't fret that you're shedding fat too slowly. Instead, look at it this way: If you shed 1 pound of lard, you will have eliminated the equivalent in size of a softball! Think about it, a softball, which has a volume of a bit more than 28 cubic inches! That's huge. At this rate, by the end of four months, you will have lost the approximate equivalent in size of the volume of a basketball! How's that for having the correct perspective on your weight-loss efforts?



Your body shrinks the size of a softball for every pound of fat lost.

30%

OF U.S. POPULATION THAT IS NOT OVERWEIGHT OR OBESE. THEREFORE, EVERY TWO OF THREE PEOPLE YOU ENCOUNTER DURING THE DAY, EVERY DAY, ARE. AS YOUR FIRST STEP TO JOIN THE HEALTHY MINORITY, SUBSCRIBE TO OXYGEN'S ULTIMATE 90-DAY CHALLENGE. OXYGENMAG.COM/90DAYCHALLENGE

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Berry blast

Rev up your energy and brainpower with this antioxidant- and protein-packed recipe. **By Allison Young**



BERRY BUTTERMILK SMOOTHIE

Makes 1 serving

- 1 cup low-fat buttermilk
- ½ cup frozen blueberries (unsweetened)
- ½ cup frozen blackberries (unsweetened)
- 1 scoop vanilla whey protein powder
- ½ teaspoon cinnamon
- handful of ice cubes

Place all ingredients in a blender and mix until smooth.

Nutrition facts (per serving): calories 246, total fat 4 g, saturated fat 1.5 g, protein 20.5 g, sodium 250 mg, carbs 36 g, fiber 6.5 g, sugar 28 g

If you want to reduce the sugar, use fewer berries and more ice.

BETTER BODY BENEFITS!

»Brain candy

Blueberries, one of nature's most potent antioxidants, can bolster the brain. Research shows anthocyanins, antioxidant flavonoids that give the berries their blue hue, can boost memory, learning and even coordination.

»Performance boost

Researchers have linked quercetin, a flavonoid found in berries, to increased energy efficiency and endurance. Win-win!

»Buttermilk is better

The tangy-tasting cultured drink is thicker than whole milk yet contains 50 fewer calories per glass (and it's easier to digest). Buttermilk is also high in calcium and "good" bacteria, and it adds a creamy kick to smoothies, plus plenty of protein — we're talking a whopping 8 grams per cup!

»Yay for whey!

Whey protein can zap hunger pangs and appetite. In one study, those who drank a beverage containing whey had significantly reduced levels of ghrelin, a hormone that increases appetite.

Get your glow on! The vitamin C in berries helps regenerate collagen, giving you a glowing complexion.

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Our grown-up version has more protein, more fiber and healthier fats.



Under 200 calories!

Sandwich upgrade

Pack a lot more nutrition between those slices with some creative twists. Your PB&J ... all grown up!

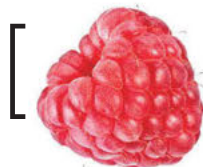
By Erin Macdonald, RDN, and Tiffani Bachus, RDN



How many peanut butter and jelly sandwiches did you eat as a kid? There's nothing easier than taking two slices of bread and spreading one with peanut butter and the other with strawberry jam. Put them together and call it lunch. Nutritionally speaking, it's a decent meal — carbs, protein and healthy fat — depending on what kind of bread, peanut butter, and jam or jelly you choose. Our grown-up version is just as easy to make but is made from much cleaner food items. There's more protein, more fiber and healthier fats. Plus, you get to make your own jam that's jampacked (pun intended) with nutrients.

ALMOND BUTTER & RASPBERRY JAM SANDWICH Makes 1 serving

- 1 cup fresh or frozen raspberries
- 1 tablespoon chia seeds
- 1 tablespoon fresh-squeezed orange juice
- ¼ teaspoon orange zest
- 1 teaspoon 100% pure maple syrup
- 1 slice sprouted-grain bread
- 1 tablespoon raw, unsalted almond butter (creamy or chunky)



The recipe for the raspberry chia jam yields ½ a cup; use just 1 tablespoon in your sandwich and save the rest for later.

WHAT'S SO GREAT ABOUT IT?

»**TINY BUT STRONG:** Don't be fooled by their tiny size and mild flavor — when it comes to nutritional content, chia seeds are big and bold. Loaded with fiber, chia seeds are also a great source of antioxidants, protein and omega-3 fatty acids. Add a teaspoon to smoothies, or sprinkle these tasty seeds over your morning oatmeal or yogurt.

»**BEAUTIFUL BERRIES:** Keeping raspberries in the freezer is an easy way to enjoy this flavorful fruit year-round. These delicate, tender berries are packed with antioxidants and flavonoids, and they're also a good source of fiber and vitamin C. Swirl a handful into plain yogurt, or tumble some into a fruit salad or a dinner salad.

»**ZESTY AND SWEET:** Orange zest contains cancer-fighting flavonoids and is also a source of fiber. Grate over granola or fresh fruit, stir into a batch of bran muffins or whisk a little zest into your homemade salad dressing.

»**SPROUT THAT:** Nutty and light in texture, sprouted-grain breads tend to be higher in protein and lower in carbohydrates than regular grain breads, and they are a good source of fiber. A variety of sprouted grains are used in breads, including wheat, barley, spelt, oat and millet. Experiment to discover which type of sprouted-grain bread tastes best to you.

1. Place the raspberries, chia seeds, orange juice, orange zest and syrup into the bowl of a food processor. Blend until puréed. Pour into a jar with a lid and set in the refrigerator for a few hours.
2. Place bread in toaster and bake until desired level of crunch is achieved.
3. Spread almond butter onto toasted bread.
4. Top with 1 tablespoon raspberry chia jam.

Nutrition facts (per serving): calories 198, total fat 9 g, protein 8 g, carbs 21 g, fiber 7 g

love what you eat

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should start with your tastebuds.*



Cocoa Brownie

• 220 Calories • Gluten-Free • 20g Protein



From Elisabeth Hasselbeck

NoGii.com



protein on the go

Who says eating to stay strong can't be satisfying? These high-protein foods not only build lean muscle — they please your palate, too!

By Myatt Murphy, CSCS

1. Cultivated cultures

Greek yogurt is yummy, but Yoplait's Plenti blends it with fruit, whole-grain oats and seeds (such as flax and pumpkin), turning a protein-rich staple (12 grams in this case) into a potent snack that keeps your appetite in check between meals. Plenti is available in eight flavors. **\$1.60**, plentyogurt.com

2. Freezer pleaser

ProYo high-protein frozen yogurt delivers 20 grams of protein (140 total calories) in every 4-ounce squeeze tube. It's available in vanilla bean, banana vanilla, blueberry pomegranate and Dutch chocolate. ProYo is also free of GMOs, soy, gluten and artificial preservatives, colors and flavors. **\$2.50**, proyofrozenyogurt.com

3. Crunch & munch

Want to satisfy your craving for something crunchy and get 21 grams of protein at the same time? Then you've got to try Quest Nutrition's new Protein Chips. They're a fitness-minded woman's ideal snack, baked with just 5 grams of carbs and 2 grams of fat in a range of savory flavors. **\$2.40**, questnutrition.com

4. Decadent dessert

MHP's Fit & Lean Power Pak Pudding provides the creamy pleasure of pudding with just 100 calories and 15 grams of protein in a sweet-tooth-satisfying cup. Its two tasty flavors also give you 25 percent of your daily requirement of calcium. **\$12 for a four pack, available at Vitamin Shoppes nationwide.**

5. Powerful portable

Oscar Mayer's new protein snacks — P3 Nut Clusters and P3 Grilled Snackers — come in three flavors each (different mixes of lean chicken, turkey, ham, cheese and nuts) and offer a double-digit burst of protein in every on-the-go snack pack. **\$1.80**, proteinproteinprotein.com

6. A better burger

Made from non-GMO pea protein, Beyond Meat's Beast Burger tastes so much like real meat, our testers forgot they were eating a veggie burger. Loaded with 23 grams of protein per serving, they're also rich in omega 3s, antioxidants, calcium and iron — so they're flavorful and fitness-friendly. **\$6**, beyondmeat.com

Sometimes the best tools for fitness can be found in the kitchen!



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*I had to cut back on the amount of [ABT] I was using because I got tired of buying larger bras. — **MR***

*My girlfriend asked me if I had breast implants. I told her no, that I was using [ABT]. My breast are plumping up and coming out of my bras at the top. — **PW***

*My PMS breast pain and swelling was so bad that I could not stand to touch my breasts and even the shower hurt. Now after using [ABT] I have no pain. — **EA***

*[I] have had a patient on [ABT] with amazing results! She is 40 with three children and a 120 lb weight gain from the last child. After losing that weight, she had drooping ... [with] her breasts. [After 3-4 months of ABT] she has increased firmness [and] size... I AM AMAZED! - **JS, Clinical Pharmacologist***

*I suffered from post child/weightloss boobs ... I am ordering round 2 of treatment and am completely satisfied as is my husband. It is nice to have firm/lifted breasts.... a great alternative to surgical breast enhancement! — **SD, Personal Trainer***

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On the last season of NBC's *The Biggest Loser*, Jennifer Widerstrom had some big shoes to fill as the new female presence. But not to be eclipsed by the other all-male trainer trio, Widerstrom made the most of her screen time with pithy remarks, honest reactions and tough-as-nails workouts that got incredible results. In fact, at the end of the season, Widerstrom's contestant Toma Dobrosavljevic took home the top prize with a staggering 171-pound weight loss. Clearly, she did something right.

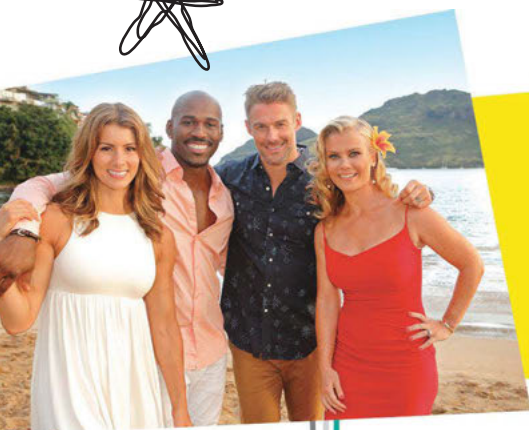
As she and the other cast members await the green light from the studio to film the next season of *The Biggest Loser*, Widerstrom took some time out to create this workout exclusively for Oxygen.



feel the power

FROM GYMNASTICS
TO AMERICAN
GLADIATORS TO
THE BIGGEST LOSER,
JEN WIDERSTROM
HAS DONE IT ALL.
NOW SHE CREATES
A SCULPT-AND-
SHRED WORKOUT
EXCLUSIVELY FOR
OXYGEN USING SOME
NEW TECHNIQUES
THAT EVEN WE
DIDN'T KNOW!

✧ by Lara McGlashan, MFA, CPT, Fitness Editor
✧ photography by Ian Spanier



NAME: JENNIFER WIDERSTROM • BIRTHPLACE: CHICAGO
• CURRENT RESIDENCE: LOS ANGELES • HEIGHT: 5'7" •
WEIGHT: 140 ("ISH!") • FACEBOOK: @JENWIDERSTROM

(Above) Jennifer Widerstrom with trainers Dolvett Quince, Jesse Pavelka and host Alison Sweeney.
 (Below) On the set of NBC's *The Biggest Loser*.



What is your training style nowadays?

From a physical standpoint, I believe in moving people athletically. If you want to look like an athlete, you need to work like one. I also like the idea of brain training — lateral movements, catch and release techniques, medicine-ball training — anything that creates body awareness, reaction time and cohesive strength. That is going to get you stronger, better, leaner, faster. That also targets the muscle tissue I care about the most — fast-twitch muscle fibers. That has the highest calorie yield and creates the shape and lines we want.

So the workout you put together for *Oxygen* follows those principles?

Yes, it is unique and multi-dimensional. I like the complexity of the movements, and you have to be connected and focused to be able to put your mind behind the muscle and make it work. I was also inspired to do something that honors what the readers are into — the strength and sculpting — while amping it up and giving it more edge.

On *The Biggest Loser*, you had a catchphrase: **Choose love, not fear. Is that something you made up for the show?**

It's actually a tool I have used for years in my own life. When dealing with certain things, you need a compass to help direct your sail, and this is a great way to identify your motivating factors for making a decision. Why don't you want to do it? What is holding you back? You should always honor the good qualities within you and not let fear get in the way of experiencing your life.

What is a fear you've had to overcome?

I have a weird fear of running outside, and it has been with me my whole life. For some reason, I think I won't be able to make it home. But I realized I was holding myself back from trying because of an irrational fear that really wasn't validated. So last year, I ran a mile outside for the first time. I took baby steps, running a few minutes one way and a few minutes back, and worked up to a mile. Now the next goal is to run 2 miles!

Did you play sports growing up?

I did gymnastics for years, then I added in diving and track in high school. In college, I was a hammer thrower.

What? How did you get into that?

I was done with gymnastics, so when I was at the University of Kansas, they had a crew team, and I was like, *I am going to be great at this! Let's try a new sport.* I worked my butt off and was just as strong as the seniors if not stronger, but when it came to that boat and that cardio, I didn't have it. I was so bad. Then one day, the throwing coach, Doug Reynolds, spotted me lifting and was like, *Whoa, this girl is a great athlete.* And my rowing coach was like, *Oh yeah, she's not that good.* So Doug approached me to see if I wanted to throw, and I was like, *What's hammer? No! No way. I will hit myself in the face.* But with a little convincing, he got me involved, and I walked on the team at the end of my sophomore year, took third at conference, earned a scholarship for my final year, went to nationals, and had a really successful career even though it was really short. So how did I get into hammer? It was by sucking at rowing.

dumbbell deadlift + squat jump



SUCCESS STRATEGY

1

"Don't look at workouts as work. Look at them as a part of life that brings out the best in you."



Oxygen's Feel the Power workout

"I like the complexity of the movements. You have to be focused to be able to put your mind behind the muscle and make it work." — Jennifer

How to do it

1. Choose a weight that is challenging. By rep eight, you should feel it. Then do seven more for a total of 15 for each move.

2. Do all your moves back-to-back in a circuit; your only rest is the time it takes to transition from one move to the next.

3. At the end of the circuit, run for two minutes. This should be active running — around 5.5 to 7.5 on a treadmill. No treadmill? No problem. Run in place and make it intense. Can't run? Then bike, row, jump rope, dance — do something to get your heart rate up.

4. Then repeat the next circuit.

5. When do you rest? When you've done the circuit three times in a row.

● dumbbell deadlift

Setup: Stand with your feet hip-width apart, toes turned out slightly, and hold a set of dumbbells in front of you, shoulders back, abs tight.

Move: Lower the dumbbells down in a straight line, bending your knees and dropping your hips, until you tap the weights lightly on the floor. Keep your head and spine neutral and your back flat. Rise back to the start to complete one rep.



● squat jump

Setup: Place the dumbbells on the floor in front of you and immediately kick your hips back and reach your arms behind you to lower into a shallow squat.

Move: Extend your legs quickly to leap straight up into the air, swinging your arms up and jumping as high as you can. Land softly and repeat right away.



"This is not a slow bodyweight air squat. This is athletic velocity training, which works fast-twitch muscle fibers. It is functional and powerful."

SUCCESS STRATEGY

2

"If your training is just about the exterior, you're going to burn out. Put the joy into it and source it from the right place and you'll win."

● staggered walking lunge with a pulse

Setup: Hold a set of dumbbells at your sides and stand with your feet hip-width apart, shoulders down and back.

Move: Take a large step forward and to the side, toes forward. Bend both knees and lunge down, keeping your shoulders back and your torso erect. Do a small pulse up and down, then push off the rear foot and take a step forward. Continue, alternating legs.



"Staggering the lunge not only widens your base, it also incorporates the inner and outer thigh."



SUCCESS STRATEGY

3

"Be accountable for your greatness."



● single-arm dumbbell release row

Setup: Hold a dumbbell at your side in your right hand and take a split stance with your left foot forward and right foot back. Place your left hand on your left thigh for support, and bend forward with a flat back so your torso is about 45 degrees to the floor.

Move: Keeping your arm in close to your side, pull the weight up by driving your elbow toward the ceiling. At the top, open your hand and let go of the dumbbell, then chase it down and catch it quickly. As soon as you grab it, drive your elbow to the ceiling again and repeat. Do all reps on one side before switching.



"This kind of training forces you to react: Instead of a controlled, stabilized motion like you have in a normal row, it's all about timing and brain training — now I have to move at the speed of gravity after that weight and get it back. It's a different action every time, so it affects the muscles differently."



start



finish



● single-arm dumbbell bench press with supine rotation

Setup: Lie on a flat bench with your feet flat on the floor and your lower back arching naturally. Hold a dumbbell at your shoulder with your palm in an overhand grip.

Move: Extend your arm and press the weight straight up over your shoulder. As you extend, twist your wrist so your palm finishes facing rearward. Reverse the move to return to the start. Do all reps on one side before switching.

SUCCESS STRATEGY

4

"What is holding you back? Honor the good qualities within you and move forward from there."



"Choose a weight where you feel like your body is getting pulled to one side, forcing your core and other muscles to stabilize you. And the supine rotation works the triceps insertion and is a fun variation."

SUCCESS STRATEGY

5

"Use fitness as a gateway drug to a better life. Your success in the gym will begin to translate outside the gym, and you build confidence and a swagger in your own life."

● dual incline pullover with vertical sit-up

Setup: Set an incline bench on the first or second hole* (the more upright you are, the easier it will be) and hold a dumbbell in each hand. Lie back on the bench with your feet planted firmly on the floor, and extend your arms over your chest, weights together.

Move: Keeping your arms straight, slowly lower the weights down in a smooth arc until they are about even with your ears. Slowly bring them back to the start, then continue through, curling up off the bench and stacking your vertebra one on top of the other until you rise into a full sit-up with the weights overhead. Slowly roll down to complete one rep.

*If you don't have an incline bench, place a plate or two underneath a flat bench to create that elevation (like we have done in our photos).



"A lot of people use momentum to do sit-ups, but the bench eliminates that possibility. This is a dead crunch and will create lines in your abs versus flattening them."



● heel tap bicycle

Setup: Lie faceup on a flat bench with your hands placed lightly behind your head, elbows flared. Place your heels on the floor with your knees bent, feet flexed.

Move: Bring one knee up while twisting your torso and reaching your opposite elbow toward that knee. Replace your foot and shoulder and continue, alternating sides and arms. ●



"For bicycle crunches, I prefer tapping my heels because you know where the beginning and the end of the movement is. Therefore, you create a stronger connection with the core. Beginners can do this on the floor."



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or less!**

DON'T SWEAT IT!

**Step away from the oven.
These fresh, flavorful and —
best of all — no-cook recipes
help you beat the heat and
stay in shape.**

The last thing you want to do when the heat is on is to spend hours hovering over a hot stove to put physique-minded meals on the table. Well, don't sweat it. By taking advantage of healthy, convenient items from the supermarket such as canned tuna and chickpeas, as well as the bounty of in-season vegetables and fruits (welcome back, juicy peaches!), no-cook cooking can be your ticket to easy, healthy meals. So say goodbye to bland sandwiches and lifeless salads with these sweat-free recipes that prove you can give the stove the night off and still serve up tasty body-sculpting fare. As a bonus, none of the culinary creations that follow take longer than 30 minutes to put together.

MATTHEW KADEY, MS, RD • PHOTOGRAPHY BY CORY SORENSEN

**PROTEIN
TREAT**

Want to boost your daily protein intake? Add a scoop of plain or vanilla protein powder.


**Make
it ahead!**

**SWEET
REFRESHMENT**

This delicious soup is proof that dessert can please taste buds without torpedoing your summer bikini body.

BODY BONUS
The health bombs known as blueberries are jam-packed with antioxidants shown to bolster brain health.

BLUEBERRY SOUP

Ready in 15 minutes (not including chill time)
Makes 4 servings

- 4 cups blueberries
- ¾ cup plain low-fat Greek yogurt, plus more for garnish
- ½ cup unsweetened almond milk
- 1 teaspoon lemon zest
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- ½ teaspoon ginger powder
- ½ teaspoon cinnamon
- ⅓ cup sliced almonds or pecans
- ¼ cup fresh mint, sliced
- juice of ½ lemon

Place blueberries, yogurt, almond milk, lemon zest, lemon juice, honey, vanilla, ginger and cinnamon in a blender container and blend for one minute. Chill soup in the refrigerator for at least two hours before serving.

To serve, place blueberry soup in serving bowls and garnish with an additional dollop of Greek yogurt, almonds and mint.

Nutrition facts (per serving): calories 200, total fat 5 g, saturated fat 0 g, sodium 28 mg, carbs 35 g, fiber 6 g, sugar 25 g, protein 7 g


DIY
hummus!

FRESH APPROACH
Collards replace bread, adding mild-tasting nutritious greens to roll up this deconstructed hummus.

THINK FAST!
These wraps can be prepared the night before!

BODY BONUS
Chickpeas and collards team up to make this lunch option a fiber powerhouse. You'll feel full all afternoon and avoid a midafternoon trip to the vending machine.

CHICKPEA COLLARD WRAPS

Ready in 20 minutes

Makes 4 servings

- 1 (14-ounce) can chickpeas, drained and rinsed
- ½ English cucumber, chopped
- 1 cup cherry tomatoes, quartered
- 2 scallions, thinly sliced
- ⅓ cup flat-leafy parsley, roughly chopped
- 2 ounces feta cheese, diced
- ¼ cup golden raisins
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons tahini
- 2 tablespoons white wine vinegar
- 1 garlic clove, chopped
- 1 teaspoon smoked paprika
- ¼ teaspoon black pepper
- 8 large collard leaves

In a large bowl, toss together chickpeas, cucumber, tomatoes, scallions, parsley, feta and raisins. In a small bowl, whisk together olive oil, tahini, vinegar, garlic, paprika and black pepper. Toss tahini mixture with chickpea mixture.

To prepare the wraps, cut off the firm white stalks of the collards. With a sharp knife, fillet off the thickest parts of the remaining stalks that run down the backside of the leaves. Place two collard leaves head to foot (stalks at opposite ends) and partially overlap the leaves. Apply some of the chickpea mixture down the center and then tightly roll the leaves beginning from the bottom, tucking in the sides as you go. Cut in half to serve. If needed, insert toothpicks to keep the rolls intact.

Nutrition facts (per serving): calories 353, total fat 19 g, saturated fat 4 g, sodium 451 mg, carbs 40 g, fiber 8 g, sugar 10 g, protein 11 g

BODY BONUS
Consider splurging for canned tuna from smaller, eco-conscious companies like Wild Planet. They only pack in tuna that is sustainably harvested and low in toxins such as mercury but higher in stuff you want like heart-healthy, fat-fighting omega-3 fatty acids.


The best of summer!

TOMATO TIME
Take advantage of sun-kissed summer tomatoes when they are at their height of flavor and juiciness!

QUICK PREP!
Despite its restaurant-worthy eye appeal, this dish comes together quickly enough to be a candidate for a harried weeknight dinner.

TUNA SALAD STUFFED TOMATOES WITH BASIL OIL

Ready in 20 minutes

Makes 4 servings

1 cup fresh basil
¼ cup extra-virgin olive oil
juice of ½ lemon
2 (5-ounce) cans albacore tuna, drained
½ cup plain low-fat yogurt
1 celery stalk, chopped
1 scallion, thinly sliced
⅓ cup flat-leaf parsley, chopped
¼ cup walnuts, chopped
1 teaspoon capers, drained
1½ teaspoons curry powder
¼ teaspoon sea salt
¼ teaspoon black pepper
4 large tomatoes

To make the basil oil, place basil, olive oil, lemon juice and 2 tablespoons of water in a blender container and blend until smooth, scraping down the sides as needed.

Place tuna in a large bowl and flake with a fork. Stir in yogurt, celery, scallions, parsley, walnuts, capers, curry powder, salt and black pepper.

Slice ¼-inch off the tops of the tomatoes and guide a small knife around the inside. Use a spoon to scoop out the innards of each tomato. Fill the tomatoes with tuna salad and drizzle basil over top.

Nutrition facts (per serving): calories 309, total fat 21 g, saturated fat 3 g, carbs 6 g, fiber 2 g, sugar 4 g, protein 24 g


**Unique
flavors!**

BODY BONUS
Think of super-market roasted chicken as your fuss-free go-to protein when you want to keep your kitchen cool.

CHEESY BITES
Bocconcini (small balls of mozzarella) contains more moisture than harder-type cheeses, which gives this cheese a lower calorie and fat count.

YES TO PIZZA!
You get all the flavor without the calories. Shaved raw zucchini is wonderfully tender and offers a surprising foundation to this pizza morphed into salad. If you like, add some pizza-like crunch by using a toaster to crisp up whole-grain sandwich thins and then roughly chopping them and sprinkling on your salad.

CHICKEN PIZZA SALAD

Ready in 25 minutes

Makes 4 servings

- 2 medium-size zucchini
- 4 cups baby spinach or other tender salad greens
- 2 cups shredded rotisserie chicken
- 1 cup roasted red pepper, sliced
- 1 cup marinated artichoke hearts, drained and sliced
- 1/3 cup sliced Kalamata olives
- 4 ounces bocconcini pearls or chopped fresh mozzarella
- 1 medium-size tomato, halved
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon red wine vinegar
- 1 tablespoon minced shallot

- 1 tablespoon fresh oregano or 1 teaspoon dried
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon black pepper

Shave zucchini into thin ribbons using a flat vegetable peeler or mandoline. Divide spinach among serving plates and top with zucchini ribbons, chicken, roasted red pepper, artichoke hearts, olives and cheese.

Grate the cut sides of tomato on the coarse holes of a box grater into a bowl down to the skin; discard skin. Whisk in olive oil, red wine vinegar, shallot, oregano, smoked paprika and pepper. Drizzle tomato vinaigrette over salad.

Nutrition facts (per serving): calories 402, total fat 26 g, saturated fat 7 g, sodium 454 mg, carbs 13 g, fiber 4 g, sugar 4 g, protein 29 g

SCOOP IT UP!
This recipe is a great way to sneak in some muscle-up protein powder.


Make it ahead!

BEDTIME PREP
Who says you have to cook oats? The key to creamy and tender oats is to soak them the night before.

BODY BONUS
Peaches supply vitamin C, which has been shown to improve exercise performance and decrease training-induced stress in the body.

PEACHES & CREAM OVERNIGHT OATS

Ready in 10 minutes

Makes 1 serving

- 1/2 cup rolled oats
- 1/4 cup plain or vanilla protein powder
- 1 1/2 teaspoons chia seeds
- 1/4 teaspoon ground allspice
- 2/3 cup low-fat milk
- 1 tablespoon chopped nuts
- 1/2 peach, chopped
- 1 teaspoon pure maple syrup

In a bowl or half-pint glass jar, stir together oats, protein powder, chia seeds and allspice. Stir in milk and then top with nuts, peaches and maple syrup. Cover and let soak overnight in the refrigerator.

Nutrition facts (per serving): calories 432, total fat 12 g, saturated fat 2 g, sodium 76 mg, carbs 53 g, fiber 9 g, sugar 19 g, protein 32 g

hammer



A woman with dark hair in a ponytail, wearing a yellow tank top and patterned leggings, is leaning forward and pushing a heavy sled loaded with black weight plates in a gym. The background shows various gym equipment and large windows.

Say, what? A recent study out of the University of Newfoundland revealed that the sled push is a better activator of the hamstrings than a squat!

your legs

Use this three-part plan to build strong and shapely hamstrings.

Hammie anatomy

Your hamstrings contain three separate muscles (the biceps femoris, semi-tendinosus and semi-membranosus) that work together as a unit to bend your knees and extend your hips. They provide explosive power so you can jump, sprint, decelerate and absorb shock, all while stabilizing your knees. Strong hamstrings also can promote good posture by stabilizing your hips and aligning your spine.

What can you say about your hamstrings?

Probably not much. Hammies usually get overlooked in favor of the glam squad of glutes, calves and quads, but developing strength, shape and power in your hamstrings can mean improved performance as well as aesthetics (think: the elusive glute/ham tie-in!).

This muscle-building workout is a three-parter and includes a pre-exhaust portion, a straight-up strength section and a finisher. This format will keep you engaged mentally as you fry your hamstrings physically, and it will bring them up to par with the rest of your lower-body *tout de suite*.

The hammer-your-legs building plan

If you train legs twice a week, use this as your hamstring- and glute-focused session and dedicate the second workout to more quad-centric moves. You also can add a few quad-killing moves to this program, but do them at the end of the workout so your hamstrings enjoy the spotlight for a while.

Exercise	Sets	Reps
Lying leg curl*	4	12-15
Seated leg curl with a pause	4	12-15
Prowler push**	3	50-100 yards
Romanian deadlift	4***	6-8
Leg press	3***	6-8
Walking lunge****	1	50 each leg
Stability-ball hamstring curl	1	50

* Use a moderately heavy weight for the blue moves.

**Use a heavy weight for the purple moves.

***This does not include one to two building sets using lighter weight.

****Use bodyweight only for the yellow moves.



Pre-exhaust

This technique involves tiring out a muscle using isolation moves before moving into your compound moves. Because compound leg moves use all the large muscles of the lower body, the hamstrings won't be the complete focus of the move. For instance, when doing a Romanian deadlift, the hamstrings get assistance from the lower back, but that assistance limits the amount of fatigue the hamstrings can then achieve. And because your lower-back (erector spinae) muscles are ultimately weaker than your hamstrings, those little guys peter out first, shortening the set and ultimately truncating the work of your hamstrings.

Using two pre-exhaust moves upfront will tire out your hams and bring them down to the level of the lower back, so to speak, so they both fail at the same rate. As an added bonus: You can use a lighter weight for your subsequent compound moves and achieve the same great results while sparing your joints and spine from strain.



Lying leg curl

Setup: Lie in the machine and secure your legs underneath the rollers. Grasp the handles on the machine for stability and flex your feet.

Move: Bend your knees and curl your heels smoothly toward your glutes, squeezing hard when you reach the top. Lower slowly almost to the start and repeat right away.

! Use two counts to raise the roller and two counts to lower.



“Developing strength, shape and power in your hamstrings can mean improved performance.”

seated leg curl with a pause

Setup: Sit in the machine and adjust the roller so it hits at your ankles. Hold the seat on either side of your hips for stability. Your feet should be flexed.

Move: Bend your knees and curl the machine arm down and underneath you toward your glutes. When you reach peak contraction, hold for three counts, then slowly return to the start and repeat right away.





Straight-up strength

It's no secret that in order to build muscle, you have to lift heavy. If you're not used to doing heavy work, then start slowly and work your way up in weight from week to week. Keep track of the weight you use, and try to better your previous week by about 10 percent each time you do the lift.

For these moves, perform one or two building sets to work up to your heavy weight, then do three or four working sets using that weight for your workout. Because you'll be pushing your limits, drop your reps accordingly. If people already call you Xena, then go for six reps, max; but if you're a Warrior Princess in training, then go for eight reps.



romanian deadlift

Setup: Stand with your feet shoulder-width apart, knees slightly bent, and hold a barbell in front of your thighs with an overhand grip. Your back should be straight, your shoulders down and back.

Move: Push your glutes back and bend forward from your hips while maintaining the arch in your back as you lower the bar down along the front of your legs until it comes to about midshin. Extend your hips and slide the bar back up along your legs to return to the start.

! Unlike a stiff-legged deadlift, this version works more of the hamstrings and glutes while minimizing the activation of the lower-back muscles. Your knees should be semi-bent for the entirety of the move.



leg press

Setup: Sit in the machine and place your feet a little higher on the platform, about shoulder-width apart with your toes turned out slightly. Your back should be flat against the seat, hips secure.

Move: Unhook the stops and slowly lower the cart by bending your knees, tracking them over your toes as you lower until your legs make a 90-degree angle. Press through your heels and forcefully push the cart away from you until you reach a complete extension without locking out your knees.



prowler push

Setup: Set the Prowler sled at one end of a long, open area with a smooth surface. Load the Prowler with your weight and stand behind it. Take a high grip on the posts with your arms straight and lean forward into the machine with your back straight.

Move: Maintaining good posture, take short strides forward, pushing the sled in front of you, driving your knees forward and staying low. Push the sled as far as you can, or until you reach the end of the area, then turn around and return to the start to complete one cycle.

! This is not a sprint; the weight should be heavy and you should move purposefully and evenly.





Finishers

Also known as “burnouts,” these last few moves are intended to completely exhaust your muscles. The reps are high, the weight is low and your mental strength is put to the test.

Each move only has a single set, so plan on how you’re going to break up the reps to give yourself a break as the lactic acid builds and burns. Shoot for clusters of 15 to 20 reps to start, then drop accordingly as you begin to falter. When you break, only take a few seconds, then get right back to it. Remember: The idea is to burn your hamstrings out completely — no slacking!



walking lunge

Setup: Stand with your feet together, arms at your sides or hands on your hips.

Move: Take a large step forward and bend both knees to lower straight toward the floor. When your back knee almost touches down, extend your legs and push off your rear foot to take a step forward. Continue, alternating legs.

stability-ball hamstring curl

Setup: Lie with your heels on top of a stability ball, feet flexed, arms along your sides. Lift your hips up in a bridge so your head, hips and heels are aligned.

Move: Keeping your hips lifted, bend your knees and press your heels into the ball, pulling it in toward your glutes. Roll the ball back to the start to complete one repetition.

! Your hips should stay raised throughout this move.



the best hamstring stretch

Relieve next-day soreness while increasing the range of motion in your hips and alleviate lower-back pain associated with tight hamstrings by stretching your hammies postworkout.



Mix it up!
Turn your leg slightly inward or outward as you pull it toward you to hit different muscle angles.

Tight and inflexible?
Bend your opposite knee to allow for more range of motion.

Setup: Loop a length of rope (or jump rope or resistance band) around the sole of one shoe and hold an end of the rope in each hand. Lie back along the floor, faceup, with your legs extended, feet flexed, pelvis neutral.

Move: Keeping your leg straight, pull it up toward your head using the rope, pausing for two breaths at the top of your range of motion. Slowly lower back to the start, rest for a beat, then repeat. With each rep, try to pull it a little closer toward your head. Do 10 slow reps on each leg. ○

Final call
to land a
cover!

Coach Erin
explains how
to follow her
meal plan.

#TeamErin

"We all have days when we don't want to train. Half the battle is getting to the gym, so I tell myself I'm just going to warm up. By the time I start warming up, I want to train. Lace up your sneakers and get going!" — Erin

In the gym,
Erin shares
her unique
moves.

By Lara McGlashan, MFA, CPT, Fitness Editor
oxygenmag.com/90daychallenge

what are you

If you've always dreamed of transforming yourself and getting a chance

▶ A quick Google search of "fitness challenge" yields more than 43 million hits. Add a "90-day" caveat and it gets cut down to 28 million. So what makes *Oxygen's* Ultimate 90-Day Challenge different?

Basically, we take the guesswork out of it all. It's like having a professional athlete train you, in person, one-on-one, for three solid months. Coaches Erin Stern and Amanda Latona developed unique 90-day programs exclusively for *Oxygen* readers that you won't find anywhere else — guaranteed.

Using a video format that can be accessed on your desktop or mobile device, Erin and Amanda break down each and every exercise, discuss in detail how to

"You'll get tips to stay motivated like one of my favorites: visualize. See yourself at the goal with YOUR ultimate goal. Whether it's land the cover, jump-start a new lifestyle or maybe get in the best shape for a special occasion. Whatever the case, see yourself there." — Amanda

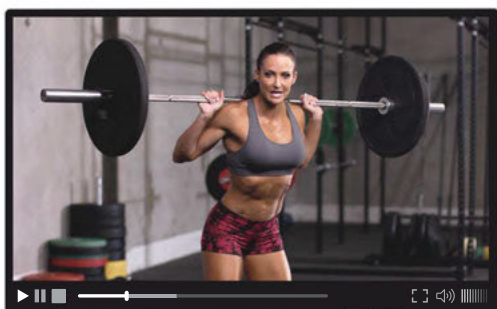
Erin walks you through every exercise.

do it safely and effectively, and demonstrate step-by-step proper form and function. They also give you their own personal takes on the moves, how they incorporate them into their own plans and what tweaks they make to dial in their own physiques, time after time.

Erin explains: "The program changes every month to not only keep you interested but also to keep your body guessing. There's also recipes, shake options and snacks to help with cravings. The variety of food and snacks to choose from will also help. We keep you on track for three months."

Whatcha get

When you sign up, you get to choose your own personal coach — #TeamErin or #TeamAmanda. And if you can't choose, train with both! (Yes, you can do that — twice the advice means twice the results!) Once signed up, you'll receive three months of unique, progressive workouts; three months of foolproof nutritional programming; and dozens of recipes created by Erin and Amanda to get into fantastic shape. Each month also includes a downloadable grocery list that you can take to the store to make sure you have all the tools you need for nutritional success in the kitchen.





Coach Amanda demonstrates the correct form for the glute bridge.

Amanda tells you how to make her clean recipes.



#TeamAmanda

"I'm a huge believer in goal setting. Set a goal to do the program, do your best and **FINISH** the program. Also, look at it as a lifestyle — we give you the tools you need to take you beyond the 90 days and into your own fitness journey." — Amanda

waiting for?

to be on the cover of *Oxygen*, now is your time to act. Sign up today!

Your coaches also will help keep you on track with weekly newsletters, offering motivational tips, goal suggestions, and other tips and tricks to help you succeed and become your best physique ever.

Whozit for?

You don't have to be an athlete to do this challenge! Anyone can do it, whether you're a novice or an advanced athlete. Erin and Amanda offer modifications and intensity boosters depending on your level, making their workouts adaptable for anyone no matter where you are in your fitness journey. All you need is the desire to improve yourself inside and out.

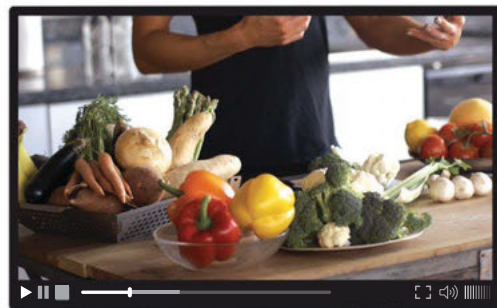
Whazza prize?

Here is the *ultimate* prize: the chance to be on the cover of *Oxygen* — yes you! Simply opt in for the Cover Girl Challenge and one winner will be chosen to shoot with one of the industry's best editorial photographers to appear on the cover of *Oxygen* in 2016. This is a once-in-a-lifetime opportunity and could literally kick-start your fitness career!

In addition, supplement company BSN has put together a prize package for the challenge winner. First, you will get a year's worth of BSN supplements. You'll win an all-inclusive trip to Boca Raton,

Both coaches provide grocery lists.

"The training offers progression — you'll get stronger, shapelier and leaner. You'll have exercise variations, depending on your skill level. This allows you to either push yourself or not feel intimidated if you're a beginner. The meal plan is easy to follow and offers a great variety of simple dishes." — Erin



Florida, for a photo shoot with a professional photographer and the full use of five edited digital shots. You'll also get a chance to work with a trainer and get tips on training, nutrition, and anything health and fitness related. Finally, you will be given two BSN-branded outfits and could possibly be signed as a sponsored BSN athlete!

Whatcha waiting for?

Go to oxygenmag.com/90daychallenge right now and sign up for *Oxygen*'s Ultimate 90-Day Challenge. You're only 90 days away from getting into the best shape of your life, and quite possibly launching a brand-new career! ●

BODY-FAT BUSTERS

Body fat: Everyone has it, and everyone wants less of it. But how can you make that happen and still be healthy and perform well? The answer may surprise you.

By Alexander J.A. Cortes and Lara McGlashan, MFA, CPT, Fitness Editor



If you're like many active women, your range of body-fat levels likely hovers between 14 and 24 percent. So what is the difference between Jane and Joanne Doe, wherein Jane has 15 percent body fat and Joanne has 22? The assumption naturally is dietary differences: Maybe Jane eats super clean 24/7, while Joanne enjoys a glass of wine and dessert several times per week. But really, nutrition is only part of the equation; anyone can diet down to a low body fat with a little determination (and a lot of willpower). But maintaining a lean physique over the long term can be achieved with something you're probably already doing: strength training.

It's your choice!

You know having more muscle mass boosts metabolism, since you need to burn calories in order to maintain and support those cells. But instead of thinking inside the usual gym box, look at strength training from a different angle, one in which body composition is determined by the kind of strength work you do. Because in fact, tailoring your program to focus on performance, power and synergistic compound strength could be the key to shedding those last few percentage points.

Bodypart training is effective if you're trying to bring up stubborn parts or balance certain muscle groups, but it's not very metabolically taxing to work one muscle group at a time. These four training edicts could be the key to unlocking your own potential to sculpt a strong, capable body.

**8 GREAT
FAT-BURNING
BODYWEIGHT
MOVES**

Air squat
Lunge
Push-up
Pull-up
Dip
Moving plank
Lateral lunge
Step-up

1. BELIEVE IN BODYWEIGHT

Capably being able to move your own bodyweight not only makes you a better athlete but also makes you leaner. Bodyweight moves incorporate multiple muscle groups while also training your balance, agility and reaction time. The more muscles you work, the more calories you burn. The faster you get, the more calories you burn. The more agile and quick you are, the more calories you burn. (See the pattern here?) Bodyweight exercises are also unique in that they can be done for very low or very high numbers of reps and can create a strength, hypertrophy or metabolic fat-loss effect, depending on the rep range.

Take action: Put bodyweight moves at the beginning of a strength workout to warm up muscles and train movement patterns. Add them at the end of a strength workout as a burnout, doing high reps for volume to encourage hypertrophy.

“

**TAILORING YOUR PROGRAM
TO FOCUS ON PERFORMANCE,
POWER AND SYNERGISTIC
COMPOUND STRENGTH COULD
BE THE KEY TO SHEDDING THOSE
LAST FEW PERCENTAGE POINTS.**

”

2. POWER UP

Compound and powerlifting moves are some of the most effective around when it comes to building strength. Why is strength important for fat loss? According to research in the *European Journal of Applied Physiology*, the stronger you are, the greater your exercise intensity and the higher your energy consumption both in the gym and out. And the more mass you have, the more calories you burn and the more fat you'll lose as a result; powerlifting and compound moves by their very nature build muscle.

Take action: If you're not familiar with big lifting movements, get a certified professional to show you the ropes. There are definite and specific techniques that should be applied to keep your body safe and make the gains and progress that you're angling for. Once you're familiar with the lifts, blend them into your program so they land in the first couple of slots in your workout when you're freshest and have the most energy. Build in weight slowly over the course of several months to keep your joints and connective tissues safe.

3. JUMP TO IT

Incorporating explosive athletic movements such as jumps, throws and Olympic lifts (snatch, clean-and-jerk) into your program targets fast-twitch muscle fibers. These are the largest and strongest muscle fibers in the body, metabolizing the most



THE BIG POWER 5
Squat
Deadlift
Bench press
Overhead press
Smith-machine lunge

THE SKINNY ON FAT

While shedding fat is key to a lean body, experts agree that you may run into health risks if you go too low for too long. For healthy body-fat percentage ranges based on your fitness level, follow these guidelines:

Top athletes:
15% to 20%
Fit women:
21% to 24%
Healthy/acceptable:
25% to 32%
Overweight:
33% plus

energy and improving insulin sensitivity and your ability to burn stored body fat, according to research in the *ACSM Exercise and Sport Sciences Reviews*.

"Explosive training also causes a release of adrenaline, which hormonally triggers thermogenesis," says Jennifer Petrosino, CSCS, and a professional powerlifter. "The result is a triple whammy of increased muscle and strength, with a decrease in body fat."

Take action: Dedicate one to two workouts per week to explosive training such as plyometrics or Olympic lifting. Because it is so taxing, leave at least two days in between these kinds of workouts to allow for full recovery. Again, if you're unfamiliar with this kind of lifting, have a professional show you proper technique to stay safe.

4. SEEK OUT SPEED

Have you ever seen a chunky sprinter? Didn't think so. Recent research demonstrated that sprint training performed three times weekly can reduce body fat by as much as 8 percent, as well as decreasing waist circumference and increasing muscle mass, according to a report in the *Canadian Journal of Applied Physiology*. Athletes who train for speed work at such a high intensity are constantly in a state of EPOC — excess post-exercise oxygen consumption. Their bodies are constantly mobilizing body fat and carbs for fuel, boosting thermogenesis for many hours post-training.

Take action: You don't need to be Lolo Jones in order to benefit from a sprinting protocol. Find a local track and try this progressive workout, designed by Martin Rooney, DPT, CSCS, which increases in distance over the course of eight weeks. After a thorough warm-up that includes jogging, running and five to 10 minutes of dynamic stretching and mobility work, do this workout up to twice a week, leaving at least two days of rest between workouts. For each sprint, push yourself hard, then take enough time so you fully recover. Then it's time for the next sprint.

10 FAB EXPLOSIVE MOVES
Squat leap
Power snatch
Power clean
Push jerk
Box jump
Broad jump
Speedskaters
Tuck jump
Switch lunge
Medicine-ball slam

THE RESULT IS A TRIPLE WHAMMY OF INCREASED MUSCLE AND STRENGTH, WITH A DECREASE IN BODY FAT.

1	6	40
2	8	40
3	6	60
4	8	60
5	6	80
6	8	80
7	6	100
8	8	100
Week	Sprints per workout	Distance (meters)



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*A portion of the proceeds from every bottle sold is donated to charities helping to empower women.

Lindsey Waters
IFBB Bikini Pro

Photography by Holly Parker



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†These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

PART

2

WE BROUGHT YOU
PART 1 IN JULY. THIS
MONTH, YOU'LL
TARGET YOUR
ABS (AND A LOT
MORE) USING
GLIDERS.



by Doug Balzarini, CSCS, and Lara McGlashan, MFA, CPT, Fitness Editor [photography by Cory Sorensen](#)



DID YOU KNOW? GLIDERS ARE AN IDEAL NON-IMPACT WAY TO GET AN INTENSE CORE WORKOUT. REGARDLESS OF WHICH DIRECTION YOU MOVE, YOUR FEET NEVER LEAVE THE FLOOR.



Want to up the ante on your ab training? Then try some gliding discs. These simple, inexpensive tools will leave your abs screaming and your core fried after only a few reps. Why? Because not only are you performing a challenging move that requires abdominal recruitment, but your core also has to work double time to stabilize and balance one part of your body while the other part slides across the floor.

Your plan: After a thorough warm-up, do 10 to 15 reps of each move in a circuit, rest 60 seconds, then repeat one to two times more. Do this routine up to three times a week for optimal results. See you on the flip slide!



Next-level

abs!

Power up your planks — and your results — by adding gliders to your arsenal.



STAY SOLID! USE A MAT UNDERNEATH YOUR HANDS WHEN YOUR FEET (AND VICE VERSA) ARE WORKING FOR BETTER STABILIZATION.



Plank tuck and jack

Setup: Get into a push-up position with a disc under each foot, your hands wider than shoulder-width apart, and your hips, head and heels in line.

Move: Keeping your hips low, pull your knees in toward your chest. Extend your legs back to the start, then hold plank as you open your legs out to the sides. Return to the start to complete one rep.

TIP: Remember to keep your hips low and your head neutral throughout this move.



TIP: To make this move harder, move your feet faster.



Mountain slider

Setup: Get into a push-up position with a disc under each foot, hands underneath your shoulders, and your hips, head and heels in line.

Move: Keeping your hips low and your head neutral, alternately drive your knees in toward your chest using an even pace.



TIP: Think about initiating this move by contracting your abs to draw your hips and heels backward rather than using momentum.



Reverse plank pull-through

Setup: Sit up tall and place a disc underneath each heel, feet flexed. Extend your legs in front of you and place your hands on either side of your hips, fingers forward. Keeping your legs straight, press your hips toward the sky until your head, hips and heels are in line in a reverse plank.

Move: Keeping your arms extended, tuck your pelvis and pull your hips and heels backward so your upper body moves back and in between your arms. Pause and squeeze your abs hard before returning to the start. ●

Forward glide

Setup: Place a hand on each disc and get on all fours with your hands directly underneath your shoulders and your knees underneath your hips.

Move: Keeping your arms straight, slowly slide them forward along the floor 6 to 12 inches and pause. Then contract your abs and draw your arms straight back to the start to complete one rep.

TIP: Keep your abs tight; don't let your hips sag. If you're a beginner, keep your range of motion shorter.



DON'T HAVE DISCS? NO WORRIES. USE PAPER PLATES FOR CARPETED FLOORS AND SMALL, FOLDED DISH TOWELS FOR WOOD OR TILE FLOORS.

Curly Hair?

Sage Steele
TV sportscaster & journalist

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S

Sometimes
a few
simple
tweaks to
form and
function
are all you
need to get
your body
— and your
results —
back on the
fast track.

hack your training

by Lee Boyce, CPT photography by Cory Sorensen

You train hard, rest well and fuel your body to a tee. Yet suddenly your results stall, regardless of your tenacity and dedication. Since you're doing everything correctly in terms of scheduling and periodization, you're most likely not overtraining. However, when it comes to form or function, the training that you are doing may be imperfect. Time for some quality control.

Here are a number of common mistakes that can plague the overzealous gym-goer in four distinct zones: core, hips, back and chest. Take a look at each of the areas listed here, make a few tweaks as needed to your programming and you'll be back on track in no time.



core

PROBLEM: You're overworking your trunk in flexion, logging hundreds of crunches per week. This approach can promote poor posture and increase the damaging forces on your lower back. For example, a typical slow-speed sit-up can impose up to 730 pounds of compression on the spine, according to Stuart McGill, Ph.D. To put that in perspective: It only takes 500 pounds of force to completely blow out your knee.

SOLUTION: Incorporate compound moves that include your hips, lower back and glutes, as well as your abs, to train your core as a single unit and create a well-rounded physique inside and out.

[EXERCISE RX]

PLATE TRANSFER PLANK

Muscles worked: rectus abdominis, obliques, quadratus lumborum, erector spinae, shoulders, glutes and chest

Why it works: This move trains the core to resist rotational forces and stabilize your spine.

Setup: Stack five small plates (2.5 or 5 pounds) in a pile on the floor, then get into a plank on your elbows with the plate pile just outside your right elbow.

Move: Hold your plank as you reach across your body with your left hand and, one by one, bring the plates over to the left side, stacking them one on top of the other. Next, repeat the process with the right hand, stacking them from left to right, to complete one rep. Do four sets of three reps, resting one minute between sets.



TIP: Don't twist or rotate your hips as you move the plates from one side to the other; your body should look like a flat table the entire time. If you're having trouble balancing, spread your feet a little wider apart.



"A typical slow-speed sit-up can impose up to 730 pounds of compression on the spine." — STUART MCGILL, PH.D.

[EXERCISE RX]

PALOFF PRESS

Muscles worked: rectus abdominis, obliques, quadratus lumborum, anterior delts, chest

Why it works: Your core has to resist the draw of the cable as it pulls you to one side, again training in anti-rotation and stabilizing your spine and lower back.

Setup: Set a cable pulley at waist level, using a single handle. Stand sideways to the pulley and hold the handle in front of your bellybutton with both hands, hips and shoulders square, elbows bent and tucked into your sides. Take a step forward to create some tension on the cable.

Move: Slowly press the handle straight out, moving directly forward and resisting the sideways pull of the cable. Once you reach full extension, reverse the move and slowly return to the start. Do three sets of 12 to 15 reps on each side. Rest 45 to 60 seconds per set.

TIP: It doesn't take much weight for this exercise to be effective. If you feel it excessively in your arms and shoulders, or if your hips twist to the side, chances are the weight is too heavy.



[EXERCISE RX]

BARBELL BENCH HIP THRUST

Muscles worked: glutes, hamstrings, erector spinae

Why it works: Placing the bar across your hips directly hits the glutes, while the upward thrust helps stretch the hip flexors.

Setup: Sit with your upper back against the broad side of a bench and place a barbell across your hips. Place your feet a bit more than hip-width apart with your knees bent, and hold the barbell with your hands on either side of your hips.

Move: Press your upper back into the bench and drive through your heels to lift your hips upward to come in line with your knees and shoulders, like a table. Squeeze your glutes at the top, then slowly lower to the start. Do three sets of 10 to 15 reps, resting 45 to 60 seconds between sets.



TIP: Before each rep, tuck your pelvis underneath first, then raise your hips. This prevents your lower back from arching and saves your spine from strain.



hips

PROBLEM: Doing a lot of squats? If so, you may be overloading your quads and lower back and your hips may be stiff and inflexible, affecting posterior chain mobility and tilting your pelvis anteriorly or toward the front. And while squats are a must-do move for everyone, there is such a thing as squatting too much, especially if your mechanics are imperfect to begin with.

SOLUTION: Add glute-dominant exercises to your program to reduce stress on your lower back and help correct pelvic posture, alleviating tightness by tilting it posteriorly. In addition, use split-stance exercises (in which one leg is forward and the other is back) to actively stretch the hip flexors.

While squats are a must-do move for everyone, there is such a thing as squatting too much.



TIP: If your hips are tight, descend just until you feel a pull, then hold at that point for two counts before rising to the start. With each rep, try to go a little lower.

[EXERCISE RX]

REAR LEG ELEVATED SPLIT SQUAT

Muscles worked: quadriceps, glutes, hamstrings

Why it works: Splitting your stance and holding dumbbells at your sides can significantly lower the amount of spinal compression while encouraging greater gluteal activity.

Setup: Hold a pair of dumbbells at your sides and stand in front of a flat bench. Extend one leg behind you and place your foot, laces down, on top of the bench.

Move: Bend both knees and lower yourself until your front leg makes a 90-degree angle. Keep your torso upright and your shoulders back — avoid leaning forward as you fatigue. Extend your legs to return to the start. Do all reps on one side before switching. Do three sets of eight to 10 reps per side. Rest one minute between sets.

For three more bonus moves like these, go to oxygenmag.com!

[EXERCISE RX]

TECHNIQUE: "SET YOUR SHOULDERS"

Sit in a pulldown machine and take a wide overhand grip on the bar. Allow your arms to fully extend by relaxing your shoulders and back. Now, pull just your shoulder blades — not the bar or your elbows — downward and inward along your back while keeping your neck long. Pretend you're squeezing a pencil between your shoulder blades as you lift your clavicle upward. This position should be the starting point for every rep of every back move you do in order to fully engage the back muscles and prevent overuse of your arms. Practice this until it becomes automatic.



Using your arms too much limits the amount of back muscle tissue you train.



[EXERCISE RX]

TRY IT: BAND-RESISTED ROW

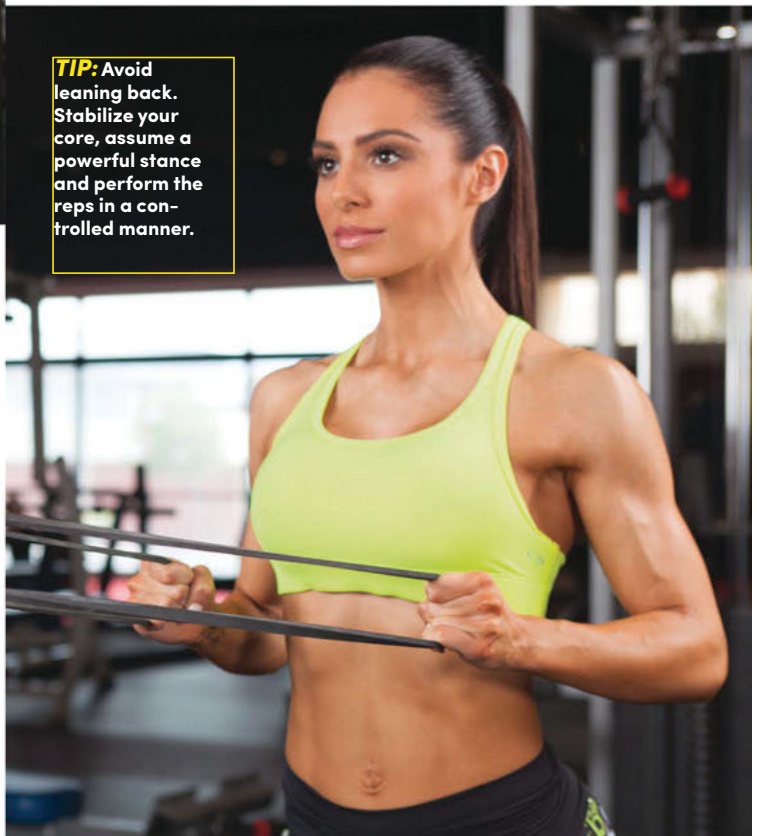
Muscles worked: rhomboids, rear delts, trapezius, rotator cuffs, latissimus dorsi

Why it works: The tension changes as the band stretches and contracts, requiring strong muscular contractions and sharp mental focus.

Setup: Wrap a light or medium weight resistance band around an immobile object at chest level. Hold it with both hands and step back until there's ample tension. Assume a half-squat position, facing the anchor with your arms outstretched at chest level, back straight. Now "set your shoulders."

Move: Pull the band into your chest, driving your elbows rearward (not out to the sides) and keeping your chest lifted. Pause at the peak contraction, then squeeze your back muscles hard. Slowly return to the start. Do four sets of 15 reps. Rest 45 to 60 seconds between sets.

TIP: Avoid leaning back. Stabilize your core, assume a powerful stance and perform the reps in a controlled manner.



back

PROBLEM: Though back exercises look simple, they're among the most commonly botched moves in the gym, and if your coordination is off, your arms will initiate the move and take it over while your back has a snooze. Using your arms too much limits the amount of back muscle tissue you train.

SOLUTION: Practice the "set your shoulders" technique to prepare yourself for perfect form. Once in the "set" position, you're all but guaranteed to give your back a rude awakening while saving your shoulders and elbows from strain.

chest

PROBLEM: Your chest is not responding well, considering the amount of training you're delivering to it. It may be the result of faulty training angles. This is a very common problem, wherein you may be lifting with your chest collapsed, your shoulders protracted and your back flat. Ultimately, you're pressing with your shoulders rather than your chest. All these incorrect angles easily translate to a thrashing of your front delts and a vacation for your pecs.

SOLUTION: Properly target your pecs and save your shoulders by following the "better your bench" tips below. Altering your benching will cause the bar to travel a shorter distance, effectively targeting the chest and sidelining your shoulders.

TIP: Brace your feet on the floor during this move and drive through them on each rep to increase body tension and improve power.



[EXERCISE RX]

TECHNIQUE: "BETTER YOUR BENCH"

Lie on a bench with your feet flat on the floor. Hold a light barbell straight up over your chest, arms shoulder width, then pull your shoulder blades down and toward each other, just like you did with the "set your shoulders" exercise. Lift your rib cage and allow your back to arch just high enough so you could fit your forearm underneath. This is the position you should maintain throughout the move to best target your chest and preserve the integrity of your shoulders. ●

[EXERCISE RX]

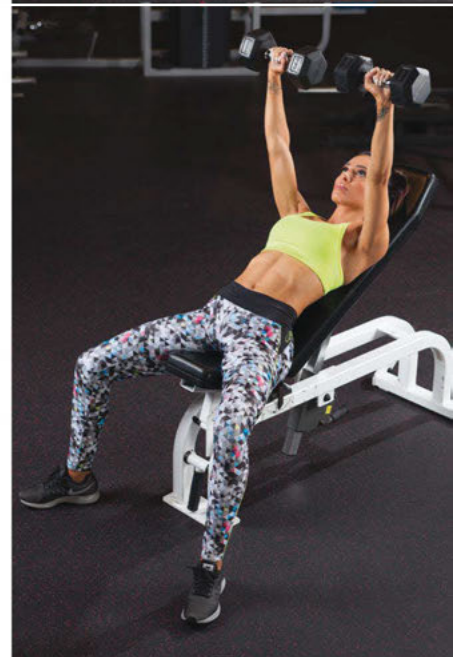
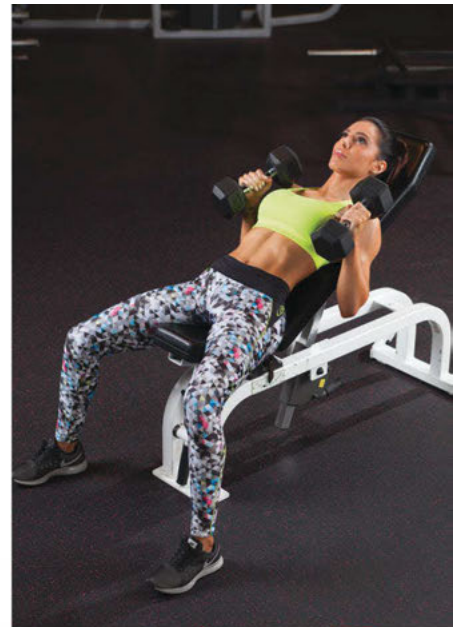
TRY IT: DUMBBELL INCLINE BENCH PRESS

Muscles worked: pecs, anterior delts, triceps

Why it works: Using dumbbells allows for more play at the elbows, making it possible to find the right arm angle to reduce pressure on your shoulders.

Setup: Set an incline bench to 45 degrees and hold a set of dumbbells at your shoulders, palms facing inward. Assume the "better your bench" position.

Move: Press the dumbbells straight up over your upper chest, turning your wrists as you extend so that at the top your palms are facing forward. Slowly lower to the start with your elbows tucked in close.



You may be lifting with your chest collapsed, your shoulders protracted and your back flat.

A person wearing a red and blue life vest and a red cap is kayaking in a green kayak on turquoise water. They are holding a black paddle. A large splash of water is visible on the left side of the frame, creating a dynamic and energetic scene. The sun is shining brightly in the background, creating a lens flare effect.

Stay cool while getting a
total-body workout with
these two paddle sports.

liquid fitness

By Lara McGlashan, MFA, CPT, Fitness Editor
Exercise photography by Cory Sorensen

It's summer — time to go jump in the lake! Or the ocean or river or pond. Water sports are a great way to burn off steam while cooling your heels, and they offer plenty of full-body strengthening benefits. Check out these two wet-and-wild options, and get the scoop on what you need, how to prepare and where to go.

kayaking

There are many different styles of kayaking, from the relaxed paddle across a lake to the thrill ride of rapids and waterfalls. No matter which style you prefer, this sport is an excellent way to get in a workout.

"Most of the muscles worked when kayaking are in your core and upper body," says Mary Katherine Fields, a nationally ranked kayaking athlete and guide for OAR on the Ocoee River in Tennessee. "It is also important to take care of your shoulders on and off the river with specific shoulder stretches and strength moves."

WHAT YOU NEED:

- ◆ A recreational kayak, which is wide and stable for calm water paddling, or a touring kayak for open water, long-distance trips
- ◆ A paddle with a cup-shaped blade on each end and a straight or crankshaft molded handle (about 210 to 220 centimeters long)
- ◆ A life vest that fits snugly

THREE MOVES TO SUPPORT YOUR KAYAK HABIT:

1. Russian twist **This exercise simulates the rotation you'll do when paddling.**

Sit with your knees bent, feet flat on the floor, and hold a medicine ball at your chest, elbows bent. Lean back slightly and lift your feet off the floor, then twist side to side, touching the weight to the floor by your hip with each rotation.

2. One-arm dumbbell row **This exercise individually strengthens each arm for equal strength when paddling.**

Kneel on a flat bench with one leg and place your same-side hand on the bench underneath your shoulder. Hold a dumbbell in your other hand and allow your arm to hang straight down toward the ground, palm inward. Keeping your shoulders and hips square, drive your elbow up and back and pull the weight in toward your rib cage. Pause at the top, then lower to the start slowly. Repeat on both sides.

3. Dynamic 90 **It stretches your shoulder complex, including your rotator cuffs, chest and obliques.**

Lie on the floor with your hips and shoulders stacked, knees bent. Extend your arms in front of you in line with your shoulders and press your palms together. Keeping your hips steady, lift your top arm and bring it up and over your body, twisting and opening your chest to the other side. Pause and breathe, then return slowly to the start. Do on both sides.



TRY IT HERE: Bois Brule River in Wisconsin. Try the leisurely 12-mile paddle route from Stones Bridge to Brule, or — for more experienced kayakers — the 15.5-mile route from Highway 2 to Highway 13 for nearly 8 miles of whitewater rapids.

Fields' top three tips before you leave dry land:

- ◆ Don't kayak alone. You never know what is going to happen once you get out there.
- ◆ Practice your paddling strokes in flat water.
- ◆ Approach the sport with a positive mindset. Enjoy the scenery and company and you'll make endless memories.

paddleboarding

Stand-up paddleboarding (or SUP) looks peaceful and serene, but it's a fierce total-body workout, with extra focus on your core. "Paddleboarding is a fun, low-impact way to work out that trains all the muscles in your body while also promoting healthy posture," says Jessica LaVigne, a paddle shop manager and certified paddle instructor at Paddleworks in Clinton, Connecticut. "It's also a natural way to calm and de-stress, as water can have a sedative effect on you."

SUP can be done on any large body of water where you can launch from the shore. You can even catch some small waves in the ocean or do yoga on your board once you get the hang of it!

WHAT YOU NEED:

- ◆ A 9- to 12-foot-long planing hull paddleboard, which is wide and buoyant
- ◆ A paddle that is 6 to 8 inches taller than you are
- ◆ A leash to tether you to your SUP in case you fall off
- ◆ A life vest that fits snugly

THREE MOVES TO SUPPORT YOUR SUP HABIT:

1. Burpee **This exercise simulates the pop-up motion you use to stand up on the board.**

Stand with your feet together, arms at your sides. Crouch down and place your hands on the floor in front of you. Jump your feet behind you into a plank. Do a push-up, then hop your feet underneath you and stand up to complete one rep.

2. Air squat **It strengthens your lower body for better stabilization as you paddle.**

Stand with your feet a little wider than hip-width apart, toes turned out slightly. Kick your hips back and bend your knees to lower into a deep squat so your hip crease is below your knee. Drive through your heels to rise back to the start and repeat right away.

3. Inverted TRX row **The row builds strength in your entire upper body and lats to improve paddling power.**

Adjust a TRX so when you lie underneath it and grasp the handles, your arms are fully extended, palms inward. Bend your knees and put your feet flat on the floor. Drive your elbows down and back to lift your body up until your shoulders and hips are in line with your knees. Pause briefly at the top before lowering slowly to the start.

Get Covered The sun's rays reflected off of water can be intensified, increasing your risk of sunburn and long-term skin damage from the sun. Invest in a sunblock that has these factors and apply it liberally every hour or so, even on cloudy days:

- ◆ Broad spectrum protection (against UVA and UVB rays)
- ◆ SPF 30 or greater
- ◆ Zinc oxide
- ◆ Water resistance up to 80 minutes

1



2



3



Visit oxygenmag.com for more water sports!



TRY IT HERE: The Thimble Islands in Branford, Connecticut. Paddle around this archipelago of 365 small granite islands in the calm waters of the Long Island Sound. The islands are home to majestic historical homes as well as seagulls and cormorants, and keep your eyes peeled for gold — Capt. William Kidd was said to have hidden his treasure here in the 1600s!

LaVigne's top tips before you leave land:

- ◆ Stand with your feet wide as if they were on train tracks with your knees slightly bent for stabilization.
- ◆ Use your whole body as you paddle so as not to burn out your shoulders.
- ◆ If you fall, try to land in the water, not on your board. It's a much softer landing!

Stand-up paddleboarding looks peaceful and serene, but it's a fierce total-body workout, with extra focus on your core.

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WORDS OF WISDOM FROM THOSE IN THE KNOW

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FOCUS ON RESULTS

"Track your progress by taking pictures every week or two. They're a great reminder of where you started."
— Megan Wyble shares her advice in How She Fuels, Page 86



anyone trying to make changes is not to compare yourself to others. "Track your progress by taking pictures of yourself every week or two. Progress pictures are a great reminder of where you started and how far you have come. The only person you should be comparing yourself to is you!" she says.



MEGAN'S SAMPLE ONE-DAY MEAL PLAN

➔ **Breakfast:** Breakfast: "I heat ½ cup oat bran, ½ cup raspberries and water in the microwave, then I add 1 scoop of Divine Natural Blend Vanilla Dulce De Leche protein powder. I prefer oat bran over oatmeal because it has more fiber and protein, and I like the texture better."

➔ **Snack:** 5 ounces chicken breast, 4 ounces sweet potatoes, 1 cup green beans

➔ **Lunch:** 5 ounces lean turkey, 1 cup broccoli, ½ cup quinoa

➔ **Snack:** 1.5 scoops Divine Natural Blend Vanilla Dulce De Leche protein powder, 2 tablespoons raw cacao powder, 1 teaspoon maca powder, 2 tablespoons chia seeds, ½ cup raspberries

➔ **Dinner:** 4 ounces salmon, spinach and kale salad with cherry tomatoes, 2 ounces raw almonds and balsamic vinegar

She's hardcore!

Megan Wyble, RN, doesn't let a busy hospital job get in the way of her fitness ambitions. **By Maura Weber**

➔ Louisiana native Megan Wyble sees the human body in all its forms: at the peak of health on a pro Figure stage, and on the other end of the spectrum, in need of intensive care at the hospital. Her experiences as a registered nurse in the intensive care unit give her perspective on training. "My goal when I first started weight training 11 years ago was primarily based on wanting to look better, but now the emphasis is on my health and feeling good," she explains. "It's all about balance."

Wyble first competed in NPC figure contests while attending the University of Louisiana, Lafayette, then earned her pro card during her last semester of nursing school. Despite working 12-hour hospital shifts, Wyble manages to stay on track with eating and training. She cooks meals in bulk a couple of times a week to get ready

for the busy days. "On days that I work, it's challenging to eat enough and to make it to the gym to train," says the Divine Nutrition-sponsored athlete. "When I'm working, I supplement two of my meals with protein shakes because that is the only way I can eat all my meals."

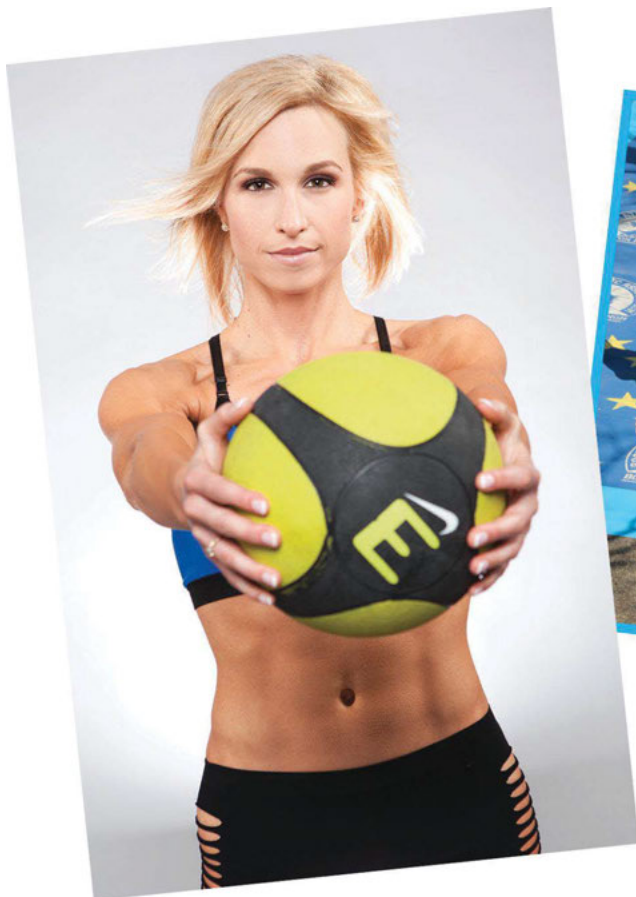
Despite those obstacles, her job motivates her to keep pushing. "As a nurse, I come across a significant number of people whose health has deteriorated to the point where they are so sick that it's too late. It's all about prevention and taking care of your body right now."

Wyble and her fiancé, Jason Neatherlin, have two dogs together (a Chihuahua and a Cane Corso), and he shares her passion for fitness. "He is a chiropractor, and we met in the gym seven years ago," she says. Her advice to

MEGAN'S RECIPE FOR PROTEIN PANCAKES

Mix together ½ cup oat bran, 1 scoop Divine Natural Blend Vanilla Dulce De Leche protein powder, ¼ cup egg whites and 1 teaspoon cinnamon. Cook in a skillet with a little nonstick spray. "These very simple but totally delicious pancakes satisfy my sweet tooth when I'm on a contest diet!"





the better she can prioritize her workouts. "If I have to fit it in at lunch, I will. If I have to wake up early and get it done before work, that's what I do."

In the same way she has radically altered her training to become more about lifting weights than cardio, Marr has switched from a mostly carb diet while an endurance runner to a more balanced higher-in-protein diet. "I try to fit protein — even a small amount — into every meal," she says.

Best advice: Focus on "just one set." If you are facing four or five sets, it can be daunting. Just start with one set — pretend you've only got one and make it the best you can.

Taking the long view

Dr. Danielle Marr, doctor of chiropractic medicine, looks at her fitness training with new eyes. Here, she shares why.

By Diane Hart, editor-in-chief

➔ Dr. Danielle Marr is a firm believer in the power of proper perspective. The chiropractor and Boston marathoner was training for her first fitness competition a few months ago and doing what many first-timers do — looking in the mirror obsessing about whether her abs were popping.

That same day, she got word that her friend's cancer had returned, and the news hit her hard. "All of a sudden, I felt so silly. Why was I so worried about what my abs looked like when others are fighting for their health to live?" she recalls. "Can't working out just for the sake of health be enough?"

The Canadian, now living and working in Bermuda, says it is the fortunate ones who realize the intrinsic value in being active. "What inspires me to stay active is simply because of the fact I can," the 31-year-old says.

Her training philosophy is as simple as the reasons she laces up her shoes five to six days a week. She lifts as heavy as she can for five days a week and then fits in cardio (high-intensity interval training) at other times.

Whether it's completing the Boston Marathon or any other road race or training for a competition, Marr stays focused and balanced. She says the busier she is,

One-day sample meal plan

- * **Breakfast**
omelet or spinach, beef and eggs
- * **Midmorning**
protein shake with avocado and blueberries
- * **Lunch**
chicken with lots of veggies and rice
- * **Midafternoon snack**
apple and nuts
- * **Dinner**
fish or turkey with lots of veggies and sweet potatoes

weekly training plan
SUNDAY off
MONDAY legs

TUESDAY
arms/abs

WEDNESDAY
legs

THURSDAY
shoulders

FRIDAY
back

SATURDAY
cardio



Jazz up the flavor by adding herbs, fruits or vegetables. Some delicious combinations include stalks of baby celery with leaves + cucumber, peaches + mint, rosemary + cranberries, and basil + strawberries.

2. Switch your heavily marinated proteins to leaner cuts of meat, including bison, chicken, tuna, salmon, lean beef, turkey breast and other game meats. Top protein with home-made salsa made from fruits and vegetables or barbecue sauce (recipe at right).

3. Eat according to this macronutrient ratio: 30% fats + 30% protein + 40% complex carbs (20% from leafy greens + 20% from fruits and grains). Emphasize leafy greens at breakfast, lunch and dinner to increase roughage, nutrient intake and to keep blood alkaline. I try to eat greens at every meal.

4. Avoid processed foods like hot-dog and hamburger buns, store-bought ketchup and mustards, and the usual suspects — candy, processed cereals and other junk. All sugary, refined carbohydrates spell trouble for your waistline. Replace with whole-grain buns or use lettuce leaf wraps. Make your own ketchup (recipe at right). Eat fruits with full-fat Greek yogurt and a drizzle of honey.

5. Limit sugar intake to as little as possible. The World Health Organization recommends 25 grams per day. I suggest far less — no more than 10 grams. To wipe sugar out of your diet, try my Strike Sugar program available at toscareno.com. This four-week plan helps you kick the habit, lose weight and feel completely re-energized.

6. Put bowls of fruit in your kitchen instead of boxes of cookies and other processed treats. Fruit fills you with nutrients and fiber while satisfying your sweet tooth.

7. Do food prep in advance so you are more likely to reach for chopped veggies or homemade foods rather than something quick and less nutritious from a box. I spend a Sunday afternoon making hummus, crudité, Paleo loaf and clean muffins, along with grilled chicken breast, just to get it done and be ready for the week.

8. Pack a cooler of clean foods to help you get through a summer barbecue, a family picnic or other event where you know it's going to be challenging to find clean fare. When you have fresh, whole foods with you, it's easier to stick to your goals.

9. Enjoy your herbal teas over ice with a drizzle of local honey or maple syrup. Top with a sprig of fresh rosemary or basil. So delicious.

10. If ice cream is your weakness, as it once was mine, and you need a sweet reminder of summer, try my delicious recipe at oxygenmag.com and never feel like you missed out. Make a whipped coconut topping for added delight.

Let your solid eat-clean habits work for you as the glorious days of summer come to an end by serving you as they always do with nutrient-dense, whole, delicious offerings.

Remember, I am always listening,

Tosca Reno



TOSCA RENO PHOTO BY PETER LUEDERS

Your summer reality check

Have your summertime indulgences got you feeling a little discouraged? Time to prep for fall with these 10 easy steps.

By **Tosca Reno**

➤ Although summer is a time to savor for fresh ingredients plucked straight from the garden, it also can be a time of going over the top with rich treats like ice cream, barbecue, ribs and more. Mix in classic summer cocktails like mint juleps or daiquiris, and three months later, your summertime buzz has got you in the groove of Lana Del Rey's *Summertime Sadness*.

Here is a quick eat-clean guide to help you get back on track with your eating and nutritional goals, ready for the fall!

1. Increase your water intake to 12 cups a day; decrease your alcohol intake. Improve electrolyte value of plain water by adding a pinch of unrefined sea salt and a squeeze of lemon juice.

EAT-CLEAN BARBECUE SAUCE

Ingredients:

- 2 cups tomato sauce
- 2 tablespoons tomato paste
- 1 cup water
- ½ cup apple cider vinegar
- 5 tablespoons raw honey
- ½ tablespoon ground black pepper
- ½ tablespoon onion powder
- 1 tablespoon ground mustard
- 1 teaspoon smoked paprika
- juice of one fresh lemon
- 1 tablespoon Bragg Liquid Aminos
- 2 tablespoons unsulphured molasses

Preparation:

Place all ingredients in a medium saucepan over medium-high heat and stir to combine. Taste and adjust seasonings to your liking. Bring to a boil. Reduce heat to low and let simmer for one hour or until thick.

Yield: Makes 2 cups.

Store in glass jar in refrigerator.



EAT-CLEAN KETCHUP

Ingredients:

- 3 tablespoons low-sodium tomato paste
- 2 teaspoons fresh onion, grated
- 1 clove garlic, minced
- 1 tablespoon apple cider vinegar
- 1 teaspoon raw honey
- 2 tablespoons apple butter
- 1 teaspoon ground cloves
- ½ teaspoon ground cinnamon

Preparation:

Whisk all ingredients together in a bowl. Ketchup can be made a few days ahead of time and stored in refrigerator in a sealed glass container for about one week.



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Tosca Reno



“My advice is to know that you can do it!”



Slow but steady

It took her four years, but 187 pounds lighter, Caitlin Flora feels like a true winner! **By Lara McGlashan, MFA, CPT, Fitness Editor**

FACTS

Name:
Caitlin Flora

Hometown:
North Port, Florida

Age: 34

Height: 5'5"

Old weight:
332 lb

Occupation:
Personal trainer

Stick-to-it strategy:
“I keep photos of myself before on my fridge as a reminder of where I was and not to go back.”

CURRENT WEIGHT
145 lb

➔ Nothing makes for an open-mouth-insert-foot moment like congratulating a woman on her pregnancy ... when she isn't pregnant. “This was my “aha moment” in 2010 when old friends I hadn't seen in a long time thought I was pregnant,” Caitlin Flora says. “I always knew I was big, but I thought I was able to hide it from the world. It was a rude awakening when I realized the whole world noticed, also.”

Flora had spent a lifetime in hiding: As a 165-pound sixth-grader, she would sneak food into her room to eat in secret, and typical meals would be a gallon of milk and an entire stuffed-crust pizza to herself. “I was the only large child out of four siblings, and everything I did was food related, even thinking of what I would eat the next day as I lay in bed,” she says. “I had once even ordered a birthday cake for a fake person and brought it home to devour myself in my room.” Secreted away, it was easy to pretend that she was invisible and that her shape wasn't noticeable.

Looking for lasting change

With the pregnancy faux pas, however, Flora was exposed. But she didn't panic; she set out to make a sustainable change rather than going for the

quick fix. “I knew it took years to put on the weight, and that if I wanted it off for good, I had to do it the right way and be smart about it,” she says. “I began to cut out processed foods slowly so I wouldn't get overwhelmed and quit, and I set small 5-pound goals that could be easily reached.”

Gaining confidence

Flora lost her first 100 pounds slowly in her own living room doing DVDs and then decided to join a gym. She stuck with the treadmill for a long time because she was afraid to do anything else, but then she started going to classes like BodyPump, TRX and Turbo Jam and lost another 50 pounds and gained a ton of confidence. In 2014, Flora started lifting weights and immediately became a convert. Today, she lifts five days a week, can squat more than 150 pounds and is “addicted to deadlifting.”

All told, her journey took four years, and Flora lost a staggering 187 pounds. She has since done all sorts of things she never thought possible, including running a 10K, training for a mud run and gearing up to try CrossFit. “My advice to others is to know that you can do it,” she says. “The human body is capable of anything; it's the mind we need to convince.”

Strength in adversity

From obese to anorexic, Jill Nash finally found her healthy sticking point. **By Lara McGlashan, MFA, CPT, Fitness Editor**

➤ Jill Nash realized she was overweight when at 17 she got hired at a restaurant and the uniform didn't come in her size. "The largest size they had was a 20, and my mother had to sew in extra material for me to be able to wear it," she remembers.

Though she played some sports in school, Nash continually made poor food choices, and as the years passed, the numbers on the scale crept up. "I was bullied in school, and the other children used to call me 'earthquake' and act as if the ground was shaking when I would walk near them," she says. "I became aware of people judging my food choices, so it became a banned, secretive act to indulge and eat bad things."

Nash joined Weight Watchers at 19 and learned about healthy food options and portion sizes. Within four months, she had lost 60 pounds. Encouraged, she joined a circuit-style gym and did a lot of cardio.

Nash became obsessed with exercise and would do the elliptical machine at home at least three hours a day on an empty stomach. "There was, of course, an underlying fear of regaining the weight,

but mostly my obsession came because I was living in a nightmare with my fiancé at the time," she says. "The only thing I could control in my life, and which gave me focus to cope, was how little food I could eat and how hard I could work out. Sometimes I would eat four blueberries — as a whole meal."

Nash also took diuretics excessively and eventually started fainting because her heart rate had dropped extremely low. She was rushed to the hospital and was diagnosed with anorexia. She stayed in treatment for six months and gradually regained her health, but for the next 10 years, Nash remained fixated on food and exercise, especially cardio.

Finding a love for lifting

Then she found weight training.

"My cardio was quickly replaced with lifting, and I actually wanted to eat more in order to have the strength to lift," she says. "I was less interested in what I weighed and more interested in how much weight I could put on the barbell!"

Her coaches encouraged her to compete for the experience, so in 2014, she entered some powerlifting competitions. "My personal best lifts were a 315-pound deadlift, a 225-pound squat and a 115-pound bench press," she says. She also entered two fitness competitions and placed fourth in a masters bikini and fifth in a masters fitness model division.

A new goal: Strength!

Though she is now healthier than she ever was, Nash admits she still has fears about her weight. "I am human, but I am stronger than ever in my recovery," she says. "My goals now center around strength and on food for energy and focus. My advice to others struggling with this disorder is: Don't lose hope. It gets easier to battle — and win — against the negative thoughts centered around body image and eating. Get into strength training. Focus on the numbers you can lift, not the numbers on the scale. The struggle you feel today will be the strength you have tomorrow." ●

"The struggle you feel today will be the strength you have tomorrow."

FACTS

Name:
Jill Nash

Hometown:
Mount Pearl,
Newfoundland,
Canada

Age: 36

Height: 5'11"

Old weight:
222+ lb

Old weight:
100

Occupation:
Personal
trainer, student

**Favorite cardio
workout:**
"A 20-minute HIIT
session using a
heavy sled."

CURRENT WEIGHT
145 lb



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PHOTO BY EVA SIMON



PHOTO BY AUSTIN BURCHETTE

● **FROM CORY TO LORI:** Personal trainer Patti Kimball has been exercising since she was 19. "When I first started working out, Cory Everson was my role model. Today, it's Lori Harder. I love how she lives her passion for fitness," she says. Kimball first competed in fitness four years ago out of a desire to challenge herself. "I will never forget the moment I stepped onstage. I loved every second of being up there with all those amazing women and feeling my best!" Kimball says.

● **FAMILY SUPPORT:** Kimball and her husband, Tom Kimball, have been married for 21 years and have two teenage children. She credits her family with supporting her fitness lifestyle and says her latest fitness goal is to build up her glutes. "This flat-bottom girl is building an apple bottom! Squats and deadlifts are my new BFF!" Kimball says. The benefits of exercise go beyond looks for Kimball. "Being fit inside and out has allowed me to push away diabetes, high cholesterol and heart disease, which run in my family," she explains.

● **GET WITH THE PROGRAM:** Lifting five times a week and doing high-intensity interval training three times a week is Kimball's recipe for success. She goes into the gym with a plan: "I like to have a goal for that training day and envision myself hitting it." Helping others in the gym is also rewarding for Kimball. "The joy of helping someone — whether it's to get onstage or to rock a bikini on vacation — makes what I do the best!"

PATTI KIMBALL

Galena, Ohio
 Gig: Personal trainer

● **OLYMPIC INSPIRATION:** Kiara Alexander first fell in love with fitness when she was in middle school. "Watching the Olympics inspired me," she says. She also credits IFBB Bikini pro Antanique Landry as a motivator. "Watching her compete in Bikini with such flair and sass inspired me to step onstage!" Alexander hopes to pay it forward and get the next generation excited about exercise. "I want little girls to watch sporting events and be able to see someone who looks like them and inspires them," she says.

● **FROM CARDIO TO WEIGHTS:** "I was a cardio bunny before I got into bikini competitions, and now I love the weights!" Alexander says. These days, she says her favorite training move is jump squats. "I love the glute pump it gives me," she explains. She trains from the bottom up, she says. "I generally start off with 100 walking lunges to hit my hammies and glutes." Her special focus lately has been on building up her delts. "I'm constantly trying to improve them."

● **STICK TO IT:** Alexander keeps her nutrition intake in perspective. "One healthy meal won't make you fit, just like one cheat meal won't make you fat," she says. She limits herself to her favorite cheat meal just once a month. When she's not training, she enjoys tossing the ball around at the dog park with her Westie, Scooter. "He keeps me active even on my rest days," she says.

KIARA ALEXANDER

Houston
 Gig: Youth cheerleading coach



Think you have the fit factor?

Meet 4 women who've got the fit factor

By Maura Weber

PHOTO BY GERI BRAGG PHOTOGRAPHY



STATS: 39 • 135 LB • 5'9"

PHOTO BY CAT AND ZACH PHOTOGRAPHY



STATS: 33 • 118 LB • 5'3"

● **ATHLETIC START:** Joy Ng-Campagna played tennis in high school and made all-state, then fell in love with running in her 30s. She got involved with running competitions and triathlons, even placing second in a half marathon. "Endurance sports were fun, but the running began to take a toll on my knees and hips," she says. Her husband, Tony Campagna, suggested she build up her leg muscles and bought her a subscription to *Oxygen*. "The magazine inspired me to want to transform my body," she says.

● **TEACH THEM WELL:** Ng-Campagna, who graduated from Stony Brook University and Queens College, gets up at 4 a.m. to get her training done before starting her day at school. She believes her morning workouts help her be a better teacher. "Teaching with enthusiasm and patience is improved by training my body and mind first!" she explains. Her training split consists of working each bodypart once a week, followed by 30 to 45 minutes of daily cardio and a rest day on Sunday. Her favorite training move is pull-ups. "I love the challenge," she says.

● **HELPFUL HUSBAND:** "My husband Tony provides the best physical and moral support possible," Ng-Campagna says. "We eat clean all week, and we like to have a cheat meal and dessert on either Saturday or Sunday. He's a great cook, and it's a chance to enjoy a special treat while socializing with family or friends."



JOY NG-CAMPAGNA

Manorville, New York

Gig: Kindergarten teacher



JEN WADE

Atlanta

Gig: Emergency management

● **ACTIVE FROM THE START:** Jen Wade spent her childhood playing sports. "My mother worked multiple jobs at once to ensure we could play sports, and she always encouraged a healthy, active lifestyle," she says. "I began lifting weights at 16 because some of my guy friends in high school asked me to tag along when they went to the gym." Although she enjoys running, she says lifting weights is her favorite form of exercise. "I love lifting heavy. It is my therapy," Wade says. "There's something about it that gives you a sense of accomplishment, not to mention the fact that my body stays more conditioned with an emphasis on heavy lifting."

● **MIXING IT UP:** Wade likes to do different forms of cardio to keep it fresh. "I lift five days a week with two leg days and add in 35 to 40 minutes of cardio a few times a week. I also trail run with my husband, Matthew, for fun. I get bored with cardio, so I like to have scenery to mix it up," she says. Wade appreciates her husband's support. "He encourages me and pushes through cardio with me," she says. "More than anything, he makes sure he tells me how proud he is of my dedication, and that is all I need."

● **MOVING FORWARD:** What keeps Wade going? "When it gets hard, I push myself knowing that there are other people out there working just as hard to meet their goals. If they can push, so can I," she says. "At the end of the day, it is about the ability to not give up."

#AimFitness

Send your story to futureoffitness@oxygenmag.com.

Green energy

CytoGreens from Novaforme uses nutrition from plants to help improve your health and support exercise gains. **By Adam Gonzalez**

➤ The message is loud and clear: One of the best ways to enhance your health and athletic performance is to boost your consumption of vegetables and fruits. These plant foods provide large quantities of nutrients, including vitamins, minerals and phytonutrients, many of which are otherwise low in the American diet. And these nutrients are crucial for supporting optimal health and recovery from intense training.

But you can only eat so many vegetables and fruits. That's where taking a green supplement comes in. By supplementing with CytoGreens from Novaforme, you can get in multiple servings of the nutrients that come with vegetables. Of course, getting in some kale or broccoli is always a good plan, but adding a green supplement can be another body bonus.

Consider these benefits of adding a green supplement to your daily regimen.

● Green products help decrease toxicity for better gains.

CytoGreens is high in chlorophyll, the green-colored energy that's found in plants. Chlorophyll is a known blood builder, and it helps clear harmful heavy metals such as mercury, lead and arsenic. That's good news because your body cannot function properly when it's bombarded with these toxins. Milk thistle supports liver detoxification, and CytoGreens provides a whopping dose of 200 milligrams at 80 percent extract. Our bodies take in these toxins from multiple sources, including

our food and water supply, and CytoGreens helps remove these assaults to your system, helping to improve your health and the benefits that your training regimen provides.

● Green products help fight the damage caused by free radicals and support endurance.

Many vitamins and minerals work to destroy free radicals, the harmful chemicals generated by stressors, including intense exercise. These antioxidants prevent these harmful oxidized particles from destroying your cell walls, undercutting your gains and potentially leading to health problems. CytoGreens contains antioxidant powerhouses that include amla (Indian gooseberry), acai berry and acerola cherry. In addition, research shows that spirulina supports endurance among those who are already moderately trained.

● Green products help boost your immune system and reduce acidity.

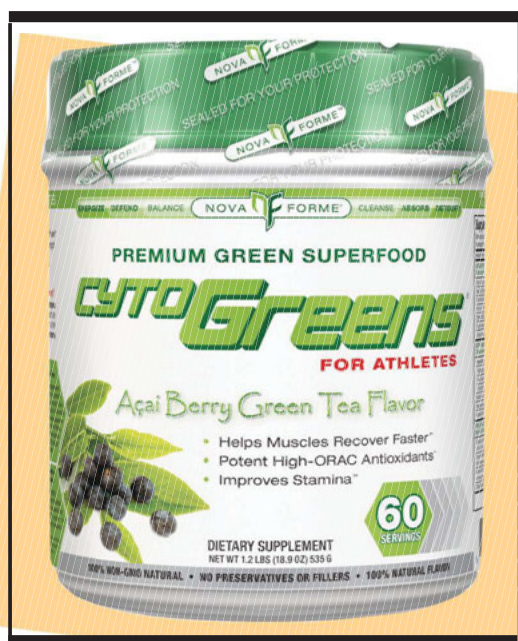
CytoGreens includes a concentrated form of aloe vera to help boost immunity. Aloe vera helps with this by supporting production of white blood cell macrophages, the key components in our bodies that attack and destroy harmful invaders. Another problem that those who train hard — and, especially, those who don't — may encounter is an acidic pH balance, which is associated with both the American and high-protein diets. An increased acidic pH negatively affects a number of crucial biochemical processes, but taking a green supplement such as CytoGreens helps reduce acidity and supports the addition of lean muscle tissue as well as encouraging body-fat reduction.

● Green products help you absorb more nutrients.

Consuming a greater amount of nutrients is the first step toward providing the other advantages on this list. The second — crucial — step is absorption of these nutrients. CytoGreens boosts the previous benefits by providing a range of digestive enzymes that help you take in these nutrients. The Cytozym formulation includes plant digestive enzymes such as cellulose and hemicellulose. In addition, CytoGreens provides specific enzymes that help you better absorb proteins, carbs and dietary fats.

● Go green for optimal health.

CytoGreens was designed to help you eat clean and be strong. Novaforme's product contains no fillers such as lecithin that increase the volume of a serving. While lecithin does have nutritional advantages, the average American diet is high in lecithin, so you don't need to get more from your green supplement. In addition, CytoGreens is non-GMO, gluten-free and third-party tested for every ingredient. You can rest assured that you're supporting recovery, health and growth when you supplement with CytoGreens. ●





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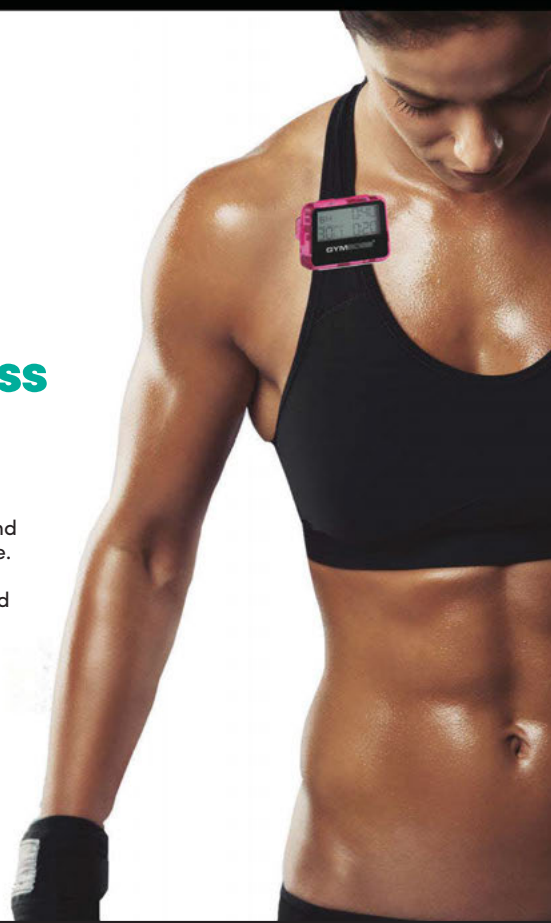


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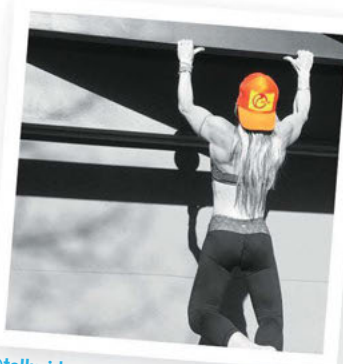


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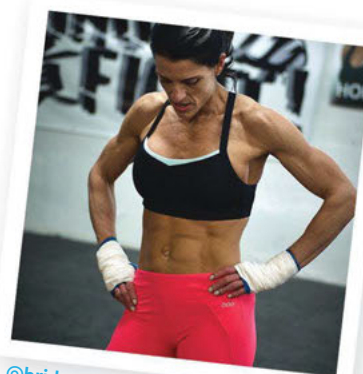
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**"We all have
our moments of
struggle. You
just have to
stay focused."**

— @bridgecityfitness



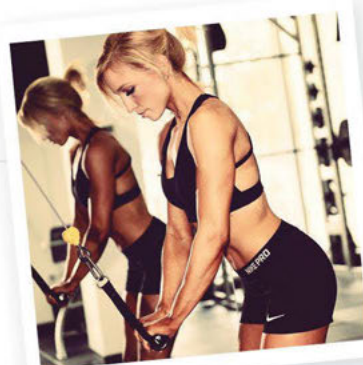
@bridgecityfitness regroup. continue.



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Capture a moment of fitness inspiration in your day and share it with us! We want to know what gives you that moment of joy in fitness. It could be repping out in the gym, a swim in the pool or a quiet moment on your yoga mat after class. Share it with us on Instagram using #oxygenexhale and your photos could be featured in an upcoming issue of Oxygen.

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